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AN OUNCE OF PREVENTION

CHESTER A. EATON, M. D.

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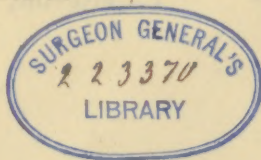
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AN OUNCE OF PREVENTION

A practical little book to be used as
a health guide for the preven-
tion of diseases and pro-
longing life

BY ✓
CHESTER A. EATON, M. D.

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Preface.

The chief business of the modern physician is to prevent disease. The matter of treatment and cure should take second place. The physician who spends all his energies treating and curing diseases and, never teaches his patient how to prevent diseases is guilty of a great sin of omission.

But before any great degree of success can crown the efforts of the physician who tries to teach the prevention of diseases the people must be educated along that line, otherwise they will not be able to understand and apply the teaching.

Ignorance and superstition are great hindrances to the teaching of hygiene and preventive medicine, and these must be overcome before any great and permanent good can be accomplished.

The writer of this little work has endeavored to leave out all difficult words and expressions and to present the facts in their simplest form. Having been written in the midst of a busy practice, between calls and sometimes on the road, a perfect literary production correct in every minor detail cannot be expected.

Should this little book be instrumental in causing some careless, thoughtless person to improve his hygienic surroundings and thereby prevent disease and premature decay, or should it be of assistance to some mother in safeguarding the health and life of her infant, thereby reduce the rate of infant mortality, the writer will feel that his efforts have not been in vain.

Fayetteville, June, 1915.

AFFECTIONATELY DEDICATED
TO
MY MOTHER

Introduction.

Man is nothing more nor less than a skillfully constructed machine, perfectly adjusted, so much so that we see in him the handiwork of God. Yet he is a machine, and for convenience we will call him an automobile that has been given the power to think and reason.

The more complicated a machine is the more skillful must be the one who has charge of it. The man who has charge of a railroad engine needs and must have greater knowledge of mechanics than a man who pushes a wheel-barrow.

Since the human body is the most complicated and most wonderfully constructed of all machines, the one who has charge of it should be intelligent and know the rules that govern it, otherwise great damage will be done in handling it.

Before a man is entrusted to handle an expensive, complicated machine, he must study and understand the different parts. He must know how each part works and what relation it bears to the whole machine. He must know how to prevent breakdowns, and excessive or unnecessary wear and tear.

The human body is the most important, most valuable and most complicated of all machines. How vastly important it is then that we should understand something about the parts that go to make up the body. How essential it is that we know how these parts work and what relation

they bear to the whole body. How important it is that we should know how to prevent breakdowns and unnecessary or excessive wear and tear. It is along this line that this book is written. People, as a whole, are far too ignorant and superstitious about diseases, their cause and prevention.

The good book says, that the way of the transgressor is hard. This is true physically as well as spiritually. When we transgress the laws of health, let us remember that the penalty is sure to come soon or late.

CHESTER A. EATON.

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The Baby.

Great efforts are being made throughout the country to decrease the death rate of babies. The present death rate among children under two years old is a reflection on civilization; it is about three times too much among the more intelligent class of people and about five times too much among the ignorant class.

The best way to cut down the death rate is to teach the people how to intelligently care for the babies, and stop doing silly things because their grandmothers did such things.

Ignorance and superstition are directly responsible for the majority of deaths that occur in childhood and especially before and during the second summer.

It has been the aim of the writer of this book to give here, in a short and simple way, some information that will help to keep the little ones in a healthy condition and thus make the physician's visits less frequent, and if the service of a physician is needed, the information herein contained will assist the care-worn mother in co-operating intelligently with the physician. Any physician will appreciate and welcome in-

telligent help and nursing. This little book will help the physician to reduce the death rate among infants by giving the mother or nurse much needed information.

THE BATH.

Since a bath is the first thing we get after we make our appearance in this world, it is important that every mother should know how to give an infant a bath.

First: The room should be warm and no bright light should be allowed to shine directly in the baby's face. The water should be warm, not hot, nor cold. It should be remembered that the hand of a grown person is more tough than a new-born baby's skin. This should always be remembered. The writer has seen midwives almost scald babies because they used their hands to test the heat of the water without due allowance for the tenderness of the baby's skin.

Second: Never use soap on the new-born baby's face, for fear it might get into the eyes and irritate them. Be sure the soap used is the best grade of castile and not cheap imitation. Buy it from a drugstore. The child's face should not be bathed with the same cloth that is used on the other part of the body for fear that germs may get into the eyes and mouth; but the face should be bathed with a

cloth that is used only for that purpose and it should be washed before the soap is put into the water. After the face has been bathed with warm water and no soap, the eyes and mouth should be cleaned with boric acid water made by adding boric acid to a small quantity of water, say one-half pint, till the acid will no longer dissolve in the water but will collect on the bottom of the bottle. The baby's eyes and private parts should be cleaned with this solution. Some of this solution should be kept and used freely. Wet a piece of clean cotton in this solution and let a few drops fall into the baby's eyes and in this way clean them.

The mouth should be thoroughly cleaned with the same solution. A little mop should be made by tying a piece of clean cloth on the end of the nurse's little finger or some other small object. The mop, when finished should not be too large to easily get into the child's mouth. This mop should be wet in the boric acid solution and the child's mouth cleaned and washed out. The child's mouth should be turned downward or to one side to allow the solution to run out. Then give the full bath using castile soap, a soft cloth, and plenty of water. The child should be dried off very quickly with very light rubbing. A good grade of talcum powder may then be used and the child dressed.

The room should be warm in cool weather, and the water warm but not hot.

THE BELLY BAND.

The belly band should be placed on smoothly and tight enough to stay in place, but not too tight. It should not be moved till the cord comes off unless it accidentally gets wet, in which case it should be removed and a dry one applied; but the dressing should not be removed till the cord comes off. When the cord comes off a fresh band should be put on and borated talcum powder used freely.

The band is to support the child and does not have to be tight as to cause discomfort. It may be worn from four to six months if the child is fat and healthy, and the navel is not punched out. But if the child is thin and sickly or if the navel is punched out the band should be worn much longer. As a rule the band should not be taken off in cold weather. It should be made of a soft material and should fit cozily and smoothly, not tight at the top and slack at the bottom, but it should fit smoothly and not be in folds. If the band does not fit right it is very uncomfortable and may be the cause of much crying and fretting.

DIAPERS.

Diapers should be large enough to be folded three or four times before putting them in place.

They should be made of a soft cotton material. As soon as one becomes soiled it should be removed and a dry one applied. The soiled ones should be washed with soap, then boiled and afterwards rinsed without soap.

CLOTHING.

Great care and good judgment should be used in clothing the baby. Too much clothing in summer may mean over heat and sickness. In winter the child should wear clothing sufficient to keep it warm, but not every piece that can be squeezed on.

In winter when the child is kept in the house, it should wear clothing enough to allow the room to be aired.

The child's chest and stomach should be well protected from the cold by flannel bands. In damp cold weather the child should never be exposed to a draft.

FRESH AIR FOR THE BABY.

Fresh air for babies is very important, and it is to be regretted that so many people are ignorant as to the need of fresh air.

So well grounded is this ignorance that the physician's advice is often set aside. A baby born in warm weather may be safely carried out doors on the tenth day but care should be taken that the sun does not shine directly in the

baby's face. The face should be protected from dust and wind. The child may stay out doors five or ten minutes the first day then the time increased about five minutes each day.

A child born in cold weather should not be carried out doors till at least one month old.

A child should never be kept in a hot, close room. Fresh air should be kept in the room always, night and day. After the child is a week or ten days old, the room must have a special airing each day. Dress the child and wrap it up as if you were going to take it out doors, then open all the doors and windows of the room and let the air blow through for five or ten minutes at first and increase the time a few moments each day. Don't let the child be exposed to a direct draft and become chilled. It is very important that the child should have fresh air but care should be taken to clothe and wrap it snugly so that no draft or strong wind will chill it.

Children soon get used to fresh air and will be much more healthy and have less pneumonia and colds.

Don't be afraid of fresh air. More people die from too little fresh air than from too much.

Don't be afraid to give the baby fresh air. If it is allowed to become accustomed to the air slowly, it will not take cold but will grow fat and healthy.

FOOD FOR THE BABY.

We now come to a subject that should be studied with care and patience.

It has been truthfully said that more babies die because they are not fed right than from all other causes put together.

On this subject the writer will make no attempt at details, but will try to be so plain and practical that even people with a very limited education can get something by which to profit.

It should be remembered that a child's digestive organs are not fully developed and we should not expect it to digest heavy vegetables, rich gravies, puddings, pork, etc. It is a grave mistake to expect a child only a few months old to digest these things and thrive on them, because it has no teeth and therefore must swallow the food just as it is given. It will be impossible, therefore, for the stomach and other digestive organs to do their work properly. Feeding such food to babies has caused, either directly or indirectly the death of many thousands before or during the second summer.

It is a very common thing to see, among the poorer or ignorant class of people, a child 8 or 10 months old being fed on any thing that the mother eats, such as cabbages, corn, beans, pork, beef and deserts of every description. Such a thing should be considered nothing less than a

crime. It is an indirect but sure way of killing the child, or so injuring its digestive organs that a normal development is impossible.

Then there is the other extreme that must be guarded against. The food may be too rich and heavy or it can be made too poor and thin.

The writer once called on a baby that had lived four months on water with a little condensed milk in it; a tea spoonful to the pint. The child would cry and fret all day and all night and was slowly but surely starving to death. As soon as the food was properly prepared and fed at regular hours, the little thing took on new life and in a few weeks developed into a fine healthy baby.

The death rate among infants will never be reduced till the general public becomes better informed as to the care of babies.

SELECTION OF FOOD.

What shall we give the baby to eat? The future welfare of the baby depends on how this question is answered. It should be known and distinctly understood that the mother's milk, as a rule, is the best food for a baby. Whenever possible the mother should always nurse her baby. But if the mother has some deadly disease as consumption, pneumonia, typhoid fever or any of the catching diseases then the child must be put on a bottle. When there is any doubt as to whether or not the child should be

kept from the breast, the advice of a physician should always be sought and carried out. If the mother cannot nurse the baby, then what is the next best food? The answer to this question has been studied and discussed for years and yet there is no exact agreement among physicians. Yet it is almost generally accepted that pure, clean cow's milk prepared to suit the condition and age of the child, is next best to the mother's breast milk. Cow's milk must be pastuerized or sterilized when the condition indicates. All of which will be explained.

There are certain conditions, especially among the poor people, where condensed milk seems to be indicated. There are also legions of patent baby foods. The majority of these are worthless.

When possible every mother should nurse her baby for the first nine or ten months of its life. But since this is not always possible, let us look around for the best substitute for the mother's milk and learn how to prepare it.

Cow's milk is too strong for the baby's stomach, therefore we must make certain changes to make it as near like the mother's milk as possible.

THE PREPARATION OF COW'S MILK.

We will attempt to give some practical information as to how to prepare cow's milk for a baby during the first week or two of its life.

Put one-third of a pint of milk into a pint bottle. To this add one teaspoonful of lime water to overcome acid. Add to this one teaspoonful of sugar, plain granulated sugar. Add from one-half to three teaspoonsful of cream one-half to begin with, then increase one-half teaspoonful every week or ten days. To this mixture add enough boiled water to make one pint. This should be kept in a cold place, on ice if possible. When the baby is to be fed, pour out the amount to be given and warm it by placing the bottle in warm water. If the child vomits or throws-up the milk it is a sign that the cream should be decreased and the lime-water increased.

It is impossible to give, in this little book full instructions on preparing milk, for some cases must have the attention and advice of a physician. The instructions given above will not suit every case, for what will fatten one baby, may be against another; so when the milk disagrees with the baby, the cause should be carefully looked for and removed, and if the mother or nurse cannot do this a physician should be called in for advice on the case.

It must be remembered that too much of the right food will injure a child almost as much as the wrong food.

Too much cream in the milk will sometimes cause the child to vomit.

It is important that the milk used for the baby be fresh, clean and from healthy cows. It should not for a moment be exposed to dust, dirt or flies. All vessels used should be boiled before and after using.

STERILIZED MILK.

By sterilized milk we mean milk that has been boiled for at least thirty minutes and cooled as fast as possible.

This boiling destroys all the germs that can cause consumption, diphtheria, typhoid fever and other germ diseases. But at the same time it makes the milk almost unfit for use. It is hard for the child to digest, it will not fatten the child like clean, pure raw milk that has been properly prepared. It will also constipate the child. It should not therefore be used very long at a time if it is possible to get clean fresh milk. Clean fresh milk does not need boiling unless it is going to be kept for several days.

PASTEURIZED MILK.

This kind of milk is simply cow's milk that has been heated to a certain degree of heat but not boiled. It should be heated to about 155 degrees F. and kept at this degree of heat for thirty minutes. This milk does not harm the child as the boiled or sterilized milk. It does not constipate and is more easily digested. All milk should be pasteurized when there is the least doubt

as to its purity and then prepared to suit the age and condition of the child.

It is best to buy a thermometer to test the heat when the milk is pastuerizing. It should be kept as near as possible at 155 degrees. But when a thermometer is not available it should be heated but should not be boiled.

CONDENSED MILK.

A good grade of condensed milk stands next to pasteurized as a food for children. Condensed milk is better than boiled or sterilized milk. When it is to be fed for a long time it should be mixed with some other kind of food. Only the best grade of condensed should be used. It is cheap and is easily prepared, and for this reason it is used a great deal among the poorer classes of people. It must be diluted with boiled wates. Below is a rule for diluting condensed milk.

During the first 2 months 1 teaspoonful of milk to 16 teaspoonsful of water.

During the 3rd and 4th months 1 teaspoonful of milk to 12 teaspoonsful of water.

During the 5th and 6th months 1 teaspoonful of milk to 10 teaspoonsful of water.

During the 7th and 8th months 1 teaspoonful of milk to 8 teaspoonsful of water.

It is very important that the baby be fed at regular hours. Don't feed the baby every time it cries.

During the first day or two the child does not need very much food. After that, the feedings should be at regular hours. It should be fed every three hours from 6 o'clock in the morning till 9 or 10 o'clock at night. It should be fed not more than once or twice during the late hours of night. These late night feedings should be omitted when the child is seven or eight months old.

The child should be fed at regular hours and not between these hours. It will be better for the child and less trouble and worry for the mother if the instruction given here as to regular feedings is carried out. When the baby is 4 months old, the feedings should be every 4 hours instead of every three hours.

THE AMOUNT TO GIVE.

The amount should be increased very slowly when every thing is going well; but when the child shows signs of being sick, such as vomiting or bowel disorder, the food should be made weaker and the amount decreased or stopped for a while altogether.

The amount for each feeding may be regulated as follows:

For first 30 days 1 to 2 ounces at a feeding. From 1st to 3rd month; 3 to 4 ounces at a feeding. From 3rd to 6th month 4 to 6 ounces. From 6th to 12th month, 6 to 8 ounces.

The food should be increased very slowly. Good judgment must be used in feeding babies and if for any reason the food does not agree with the baby, stop and find out what the trouble is, for an ounce of prevention is worth a pound of cure. If the child vomits or the bowels get bad the feeding may be too heavy or the milk may be too rich, the feedings may too frequent or the child may be sick from some other cause. Find out what the trouble is and remove it.

THE WEIGHT.

The average weight at birth is between 7 and 8 pounds. In six months the weight should be doubled, and in 12 months the weight should be three times the weight at birth. The gain should be slow but steady. If the child fails to gain weight steadily there is something wrong. Locate the cause and remove it. The service of a physician may be required to find and remove the cause.

All water used to prepare the milk should be boiled water.

MILK, THE ONLY FOOD.

During the first 12 months of the child's life, the mother's or properly prepared cow's milk should form the only food. As the child grows older the milk may be increased both in quality and quantity, but in no case should a baby less

than 12 months old be given such things as cake, bread, meat or vegetables. The child should not be allowed to taste these things. Mothers make fatal mistakes by taking their babies to the table and giving them bits of meat or a bone with a little meat on it. In this way the child soon learns to like meat will sometimes cry for it and refuse to eat anything else. Some babies learn to eat deserts such as pie, puddings, cake, etc., and will cry for a large portion of them and the mother very often yields. The child soon learns that crying will bring what it wants. Such mistakes on the part of the nurse or mother carry thousands of babies to their graves every year.

FOOD FOR SECOND YEAR.

During the second year the child should learn to digest such things as gruels, broths, weak soups, oat meal, and a little rice or hominy diluted with milk and a little sugar added.

Toward the end of the second year the food may be made a little thicker or richer and the following may be added to the food list. Soft cooked eggs, bread and butter, vegetables (very light) and light deserts. When the food is to be increased, it must be done very slowly and carefully, especially during hot weather, and if any thing disagrees with the child and causes colic, vomiting, or diarrhea, such things should

be omitted from the food list altogether, for a while at least, and when they are used again, great care should be taken not to give too much.

GENERAL INFORMATION.

1

A plenty of pure cool water should be given babies at all ages and especially during hot weather. The child's growing body needs plenty of water.

2.

Attention must be paid to the child's bowels, If any food passes through the child with little or no change, if the stool smells worse than common, if they have a greenish or whitish color, if the child passes blood from the bowels get busy, find out and remove the cause before it is too late. When a child shows the above symptoms, discontinue all food, give a big dose of castor oil and send for a physician.

3.

The common house fly is a baby killer. Don't let it take the child's face for its privy. Many thousands of germs have been found in a single fly speck. Flies distribute such germs as cause consumption, typhoid fever, and many other deadly diseases.

4.

Fresh air is the baby's best friend. Never separate them for a moment, night or day, summer or winter.

5.

Teething is blamed, very often, when the child is sick other wise.

6

Stomach and bowel trouble very often get a firm hold on children because mothers think "they are only teething." If the child is sick and getting weaker and losing weight, have a physician to see the child at once. Some people send for a midwife instead of a physician when children get sick; this is a great mistake for the majority of midwives know a little less than nothing about sick children. If the baby is sick lose no time in getting the service of a physician.

TEN HEALTH POINTERS.

1

Remember that three out of five babies that die before they are two years old, are babies that have not been properly fed and that, directly or indirectly, causes death.

2.

In dealing with children always remember that "an ounce of prevention is worth a pound of cure."

3.

Never forget to use boric acid solution for cleaning the child's eyes, mouth, and private parts.

4.

Do not forget to keep them in fresh air, and not in hot tight rooms. Fresh air will prevent taking cold and is needed for the child's health and growth.

5.

Do not attempt to rear a baby on the bottle, unless it is impossible for the mother to nurse it. Milk from a healthy woman is the best food on earth for a baby.

6.

It is not wise to give the baby catnip tea, sugar teat, gruel and such things the first twenty-four or forty-eight hours of its life. The mother's breast, as a rule, is all that is necessary.

7.

Strive to know more about babies by reading this and other books that have been written about babies. Don't depend on midwives and what "people say."

8.

Never forget that thousands of children die every year from being over fed; while very few suffer from being fed too little.

9.

Don't feed the baby any of the wrong thing nor too much of the right thing.

10.

An ounce of prevention is worth a pound of cure.

Water.

The sickness in a certain neighborhood may be measured by the water supply. That is to say, where there is bad water there is much sickness and where there is good water there is little sickness.

Water may look good, taste well and yet be full of germs that cause deadly diseases. If a well or pump gets muddy when it rains it is a sure sign that surface water is finding its way into it. Surface water is water that collects around the house and on the ground when there is a heavy rain. Surface water most always contains disease germs, and when this water finds its way into the well or pump trouble may be expected, and it will always come in one form or another. It may come in the form of an attack of typhoid fever, or it may come in the form of dysentery, worms, diphtheria, consumption. No surface water should be allowed to flow into the well, pump or spring; and especially water from around the stable or privy.

People should be more careful about what they eat and drink. Nature has provided a way for the body to ward off and destroy disease germs

to a great extent, yet we should not depend on this and carelessly allow disease germs to get into our bodies.

If there is any doubt as to the purity of the water it should be boiled. While boiled water does not taste very pleasant yet the boiling destroys nearly all the disease germs. It is a good idea to boil all drinking water that has been exposed to flies or dust, or when it has been near sick people. Water is one of the absolute necessities of life and should be used more freely. As a rule people do not drink enough water. Water forms a very large part of our bodies, nearly two-thirds of it, it is therefore important that the body should have a liberal supply.

Some people suffer from constipation because they drink too little water. It was taught years ago that it was injurious to drink water during or even near meal time. This has been proven to be altogether wrong. It is now known that unless the water is ice cold or too much is taken, it will do no harm taken before, with, or after meals. Never drink too much ice cold water at any time, and especially at meal times, for this may chill the stomach and render it unable to do its work properly. But even in a case like that it will be the cold and not the water that does the harm.

A moderate amount of water taken with the

meal will neither hinder nor upset the digestive organs. A free supply of cool pure water may be taken without fear by both sick and well.

A free use of water not only supplies a material that the body is compelled to have in order to live, but water has a tendency to cleanse the body and dilute the poison that may find its way to the kidneys and other delicate organs.

As has been said many cases of constipation have been traced to too scant use of water.

Never drink muddy water. It should be strained or filtered after which it should be thoroughly boiled.

Drink freely of water, less tea and coffee and no alcoholic drinks at all. If these instructions were carried out, this would be a different old world in a few years.

Food.

It is very needful for people to know what to eat, what not to eat and how to eat, for knowing and practicing these things we may avoid disease and prolong life.

Our bodies are self-mending machines. When an automobile begins to wear out and break down, some one must fix it, but when our bodies show signs of wear they have the peculiar power of mending themselves and that is what food is for, to take the place of worn out tissue in the body and build up new flesh. We must also have food to make energy or working power and also body heat. Without food we would be like a railroad engine trying to run and do work without the material to make steam. There are many people who don't know how to eat. There are those who don't know how much to eat and therefore eat far in excess of what is necessary to keep their bodies in a healthy condition. In this way they over work the digestive organs and they are soon worn out.

Meats of all kinds are used too freely as a food. While our bodies call for a small amount of meat,

yet bread and vegetables should be eaten more freely. It is not to be understood from this that meat is to be cut out of our food list altogether but we would live longer and have better health if we would eat meat not more than once a day and eat more freely of milk, eggs (cooked softly) and vegetables of different kinds.

The Japanese people are known for their bodily strength and endurance yet they eat very little meat.

People who have kidney and liver troubles should eat very little if any meat at all, for meat gives these organs extra work to do.

People should follow the advice of a physician when they are sick, yet they should have more general information as to what and how to eat. Meat once a day, soft cooked eggs, pure fresh milk, vegetables with few if any fancy dishes and heavy deserts is a good common sense food list. Special emphasis may be put on milk and eggs as a food. People in the country who can keep plenty of chickens and cows, should pay special attention to them and take advantage of their country surroundings. Country people as a rule are compelled to pay more for medical service than town people but in turn they have a great advantage of town people and they should make use of it. Most country people can have plenty of milk, butter, eggs and vegetables if they would eat these things and cut out pork

they would be more healthy and wealthy. If we all could live on such food there would be less rheumatism, less Bright's disease, less constipation, less gout and less sickness in general, and have a better chance to reach a happy and healthy old age.

icy, high-seasoned, rich dishes have, especially when associated with alcoholic drinks, caused many diseases. Few people who live on high, rich food and drink, reach middle life with healthy digestive organs.

There is not much real pleasure in life for a person who cannot digest a good meal. It is easy for disease germs to attack and overcome such people.

If people every where would stop drinking alcoholic drinks of every kind and instead drink pure milk and pure water; this would be a different old world in a few years. The country could get along with about one-half as many physicians, one-half of the convict guards would lose their jobs for one-half of the convicts would vanish. The police forces of the cities and towns could be cut about one-half. The insane asylum and county homes and other charitable institutions would almost be something of the past. The insurance companies could cut their rates about one-half and yet not suffer. The population of the world would increase rapidly and this would be a different old world in every

way if people would eat and drink according to the laws of health.

HOW TO EAT.

Some one has said that the meal hour should be the happiest hour of the day. There is a reason for this. The nerves control the glands of the body that make the juices which cause the food to digest. Unless these juices are made our food will not digest and if the food does not digest it will form a poison which will poison the whole system.

And since our nerves control the making of the juices that cause the food to digest, we should do all we can to help the nerves and not hinder them, especially at meal time. A happy, bright, cheerful disposition always helps to stimulate the nerves and causes them to do better work, while worry, sadness, and discontent depress the nerves and hinder them in their work. Thus, we can see why it is best to be happy and cheerful especially at meal time. People who are happy and cheerful generally have a good appetite and good digestion; while stupid, sad, worried people generally have bad appetites and poor digestion.

People as a rule do not chew their food well. This is sometimes called the first step in digestion and must be thoroughly done if you expect perfect digestion and to be free from bowel and

stomach trouble. The mouth and teeth must do their part well if the stomach is expected to do its part well. The teeth must be kept in good condition and all cavities should be filled as soon as they are discovered and not allowed to enlarge till the tooth is destroyed. It is impossible to chew the food when there are no teeth. The teeth and mouth should be washed after each meal and before breakfast using a good tooth powder. If you have no teeth buy some for it is better to have false teeth than no teeth at all.

EATING TOO MUCH.

Eating too much is a sin for which a great many people must give an account. Not only the rich but a great many poor people eat too much. It is well to remember that we can eat too much of the right kind of food and this is about as bad as eating the wrong kind of food. It has been recommended in this article to eat more freely of vegetables, etc., but this does not mean that too much should be taken but only enough to keep the body in a strong, healthy condition. Children should not be allowed to eat too much. much.

TEN HEALTH POINTERS.

1.

Don't be afraid to drink water; most people drink too little. Drink before meals, after

meals, or with meals, since you do not wash the food down before it is properly chewed. This is an old error corrected.

2.

Always be mindful of the fact that more people die from eating too much than from eating too little.

3.

To eat too much meat is like burning the candle at both ends. It does not pay.

4.

Vegetables, bread, eggs, milk and a little meat is a good general diet rule to follow.

5.

Be cheerful and bright at meal time and expel sadness and gloom.

6.

Chew your food properly and if you have no teeth, buy some.

7.

Drink pure milk and pure water but not pure whiskey.

8.

Be temperate in all your eating, to be other-

wise will surely lead to trouble of a serious nature.

9.

Eat simple, wholesome food at regular hours.

10

Eat to live; not live to eat. If you live to eat you are sure to eat too much.

Fresh Air.

Too much cannot be said about the importance of fresh air. Our bodies are always throwing off impure or worn out matter, and if the air in a room is not changed, but allowed to become stale and impure, this thrown off, worn out matter will accumulate in the room and we will take a part of it into our bodies the second time. This is a violation of the laws of health. People who form the habit of sleeping in hot tight rooms must soon or late suffer for it.

VENTILATION.

Too much heat is almost as bad as too much cold. Hot, tight rooms are responsible for what is called a "common bad cold."

When a window is open both at the bottom and top, fresh air will come in at the bottom and stale air will go out at the top. This keeps pure fresh air in the room all the time. And as the bad air goes out at the top it will carry more or less dust in which are thousands of germs. It is not necessary to open the window too much and allow a draft or too much dampness to come into the room for this may also cause a cold.

Just a little information and common sense are all that is needed to keep a bed room, church, office, or school-room in good condition.

During damp cold weather do not open the window as much as you would in dry cold weather, about one or two inches at the top and the same distance at the bottom is all that is necessary in cold weather. This can be greatly increased in warm weather.

Rooms that are heated by stoves or dry heat need more air than rooms heated by the old-fashioned fire-place. Too much dry heat is injurious. A bed room should never be a hot, close room.

Too much moisture in a room is injurious and should not be allowed. A bed room should never be a damp room, neither should it be a hot tight room full of dry heat.

Some claim that the matter of ventilation is of no great importance. Yet, we see and know that people who stay in pure fresh air have less sickness, especially colds, grippe, pneumonia, and consumption. They have better health, purer blood and resist disease more easily than people who spend a great deal of their time in tight, hot rooms. Bad colds are caused directly by a germ, and fresh air is an enemy to such germs and will sometimes prevent them from taking hold even after they get into the

body. On the other hand, living in hot tight rooms, where these germs can multiply easily and rapidly, makes it easy for them to attack the body and do it great harm. People who live in pure, fresh air seldom have colds.

People with consumption, pneumonia, or bronchitis should live in a room with a cool even temperature and a plenty of fresh air. Some physicians recommend that all pneumonia patients should be kept out of doors where they can get all the air possible. Good results have been reported from such treatment of pneumonia patients.

Children who are weak and sickly should be kept in the fresh air. They must become accustomed to fresh air gradually and not be exposed to a draft or too much dampness.

Fresh air is one of nature's life givers. It is the freest and most abundant thing on earth and there is no reason why every man should not have as much as he can use.

NIGHT AIR.

Some people are extremely afraid of night air. When night comes, then all air is night air. There is nothing to do but to breath night air, since we cannot hold our breath till morning.

There is nothing peculiar or poisonous about night air. Fresh air is needed at night as well

as in the day, but a person not accustomed to dampness should not sleep exposed to it any time.

TEN HEALTH POINTERS.

1

Do not be afraid of fresh air, it will be a blessing to you.

2.

Remember that pure blood is impossible without pure air.

3.

Remember that good health is impossible without pure blood.

4.

Fresh air is abundant and free, so let each person enjoy as much as possible.

5.

Remember that hot tight rooms are very injurious to health and have been the cause, directly or indirectly, of much sickness.

6.

Do not sleep in tight rooms and teach others not to do so.

7.

Fresh air is a natural free gift; enjoy it night and day.

8.

Fresh air is an enemy to most disease germs; keep the enemy on your side.

9.

Fresh air will help to prevent most all diseases either directly or indirectly.

10.

An ounce of prevention is worth a pound of cure.

Exercise.

This subject should be studied closely and the advice given herein followed carefully.

Exercise should be taken regularly by all healthy people. Babies need exercise as well as grown folks. The kicking and yelling that infants often do, have a good effect, for in so doing their muscles get exercise and thereby their development is assured.

When a certain part of the body is exercised, an extra amount of blood is carried to that part. The extra blood carries more food material to the part and also carries away the extra amount of waste matter that is formed as the result of the exercise and in this way the part develops and grows strong.

If a strong person would take one of his limbs, say an arm, and bind it to his side in such a way that the muscles would be motionless and thereby could get no exercise, such an arm would become weak and the muscles less powerful. This goes to show that exercise has a good effect on the body and should be encouraged.

No one kind of exercise will suit all people. What may be healthful for one may be the op-

posite for another. People with a weak heart should consult a physician for information as to exercise. Such people should be very careful about exercising and let it be very gentle and simple. When the heart is in a bad condition no exercise should be taken at all except as directed by the physician.

For well people, walking is a good exercise. People who do office or other indoor work should do a great deal of walking in the open air.

Children require and should have a great deal of exercise. As a rule they should be at liberty to play and romp to their heart's content, but such play should, of course, be in proper surroundings.

The exercise taken by older people should be more gentle in its nature. They should engage in nothing that will cause great fatigue or shortness of breath.

The blood vessels of old people are hard and likely to burst or the heart over strained if very vigorous, violent exercise is taken.

Exercise should always be taken in the fresh air and when possible, in the sunshine.

Morning is the best time for exercise.

Exercise will increase perspiration and in this way carry off an extra amount of poisonous matter.

After the body is cooled and rested, then the daily bath should be taken to rid the pores of the

skin of the waste matter that accumulated during the exercise. Care should be taken not to take cold during the bath.

Taking cold may be avoided to a great extent by giving the body a smart rubbing immediately upon leaving the water. This rubbing should be kept up till the body feels warm and comfortable, then the body should be clothed at once.

Bathing and exercise add greatly to the life and health of people who will put themselves to the trouble of taking them regularly.

The rules regulating bathing and exercise should be learned and carried out for it is worth the while to every one who values health and desires long life.

TEN HEALTH POINTERS.

1

If you don't get the proper amount of exercise out of your daily work; get it any way.

2.

If a person who is supposed to be well and strong gets tired and exhausted on taking light exercise, there is something wrong. Find the cause and remove it.

3.

People with kidney or heart disease should be very careful about exercise. Only gentle ex-

ercise should be taken and not even this if you are easily tired.

4.

Remember that even infants need exercise. Kicking and yelling do them good.

5.

Exercise rids the body of much worn out poisonous matter that would not have been thrown off otherwise.

6.

Exercise helps to develop the body and make it strong and healthy.

7.

Exercise should always be taken in the fresh air and in the sunshine when possible.

8.

Regular exercise carried out year after year will help to make life longer and health better.

9.

Only young people should take very vigorous exercise as such exercise may do old people more harm than good.

10.

An ounce of prevention is worth a pound of cure.

Bathing.

Before we can understand this subject, it is necessary that we take a close look at the skin and learn something of how it is made.

If we look at the skin through a strong magnifying glass, we will see that there are thousands of little holes called pores of the skin. By little tiny muscles in the skin these little holes may be opened or closed.

All around the little holes there are many very small blood vessels, that form somewhat of a net work in the skin.

If the body is to remain in perfect health it is necessary that these little holes be kept open, clean, and in a healthy condition. Through these little holes the body throws off a great deal of worn out poisonous matter, and they are so small that they are easily clogged with dirt, worn out particles of skin and perspiration. To keep these little holes clean and open is the main reason why a bath is needed so often. A bath is needed every day to keep the skin healthy and in a first class condition.

In taking a bath warm water and soap should be used freely, with plenty of rubbing. The

skin makes a fatty or oily substance and more or less of it is always on the surface of the skin and for this reason soap must be used with warm water to properly clean the skin.

Bathing not only cleans the skin but there are other good effects that come with proper bathing. A warm bath has a good effect on the circulation of a healthy person.

When warm water is applied to the skin, as in a warm bath, more blood comes to the surface, that is to the skin, and this gives such organs as the heart, kidney and liver less work to do, for there is less blood on the inside of the body for them to deal with, hence they get a little temporary relief. And on the other hand the extra amount of blood that comes to the skin, makes the skin more active and thereby more healthy. More worn out matter is thrown off and this helps the kidneys. A warm bath also stimulates the sweat glands of the skin to greater activities and they sometimes act very freely by throwing off large quantities of sweat.

This is a great help to the kidneys for in this way very much poison is carried off that the kidneys otherwise would have to discharge.

If now while the skin is warm and full of blood, we apply something cool, such as cool water, the blood vessels and the little holes in the skin will contract or draw up and this will force the extra amount of blood back into the

inside of the body. But if at this time we give the body a good hard rubbing and dry it off very quickly, we will again bring the blood back to the skin. This is sometimes called a reaction.

The skin in this way is trained how to protect the body against taking cold. When the body is exposed to a sudden change of temperature, the pores and blood vessels of the skin will contract or draw up and thus force the blood to the inside of the body and prevent it from becoming cool too quickly. Very soon a reaction will take place in the same way as when taking a bath as stated above, and taking cold will be prevented.

In taking a bath great care must be taken that the body does not remain chilled but it should be rubbed with dry cloth till it is glowing with warmth. That is, rub the body till the reaction takes place.

It should be remembered that if the reaction does not take place, a cold is very likely to follow.

Most people should use more soap and water. In summer especially should a bath be taken every day.

There are many different kinds of baths, the sweat bath, vapor bath, turkish bath, and many others; but all these should be taken as directed by a physician.

HOW TO TAKE A BATH.

The water, to begin with, must be warm, not as hot as can be borne. Soap and water should be applied freely and with much rubbing to every part of the body. After every part of the body has been well rubbed with soap and water using brush or rough cloth, the body should be sponged or wiped off quickly with water that is a little cooler than the first used. This last water must be cool enough to slightly chill the body, this is to make the pores of the skin contract or draw up. The sponging off in cool water must be done very quickly, not more than two or three minutes should be taken for this. As soon as the cool sponge is finished, the body should be rubbed off with a rough dry cloth. The rubbing should be done as fast as possible using a good deal of pressure on the skin. The rubbing should be continued till all the chilly sensation is gone and the body is glowing with warmth. This rubbing brings the blood back to the skin and causes a warm pleasant feeling.

As soon as the body is warm and dry it should be dressed very quickly and not allowed to get cold again.

TEN HEALTH POINTERS.

1

Remember that bathing is not only cleansing but there are other good effects.

2

Remember that bathing properly will help the kidneys, the liver, the heart and every other part of the body.

3

When taking a bath do not allow the body to become chilled without giving it a brisk rubbing to warm it up again.

4

Use soap and water freely when taking a bath.

5

Do not put on damp clothing, especially after taking a bath.

6

If you wish to have perfect health, bathe every day in the year, summer and winter.

7

Remember that bathing properly will usually prevent taking cold.

8

Dry the body as fast as possible at the end of the bath and it should not be chilled again before putting on the clothing.

9

One should exercise every care to prevent taking a cold during and after a bath.

10

An ounce of prevention is worth a pound of cure.

Sleep.

Sleep is far more important to health than it may appear at first thought. A person who cannot sleep at night is not a well person. He never arises in the morning feeling refreshed and bright, but feels more or less sluggish and not inclined to work.

We need sleep just as much as we need food, and we can live longer without food than we can without sleep.

There is always going on within our bodies a process of wearing out and a process of restoration; in other words there is always going on a tearing down and a building-up.

The tearing down process is so great and rapid during the working or waking hours that sleep is absolutely necessary in order that the body may rest and build itself and be ready for the next day's work.

During sleep the body not only gets much needed rest, but the body also uses this time to rid itself of poisonous matter which accumulates during the waking or working hours. So when we fail to get the proper amount of sleep, this worn-out and poisonous matter accumulates in the body and sometimes does great harm. A person who is jaded and worn-out for the lack of sleep can easily contract

different diseases; that is to say, germs that would ordinarily be destroyed may gain foothold when the body is worn-out and tired for the lack of sleep.

THE HEART DURING SLEEP.

The heart gets a great deal of rest during sleep. Of course the heart does not stop beating altogether, but it beats with less force and there is a longer pause between the beats. In this way the heart gets a great deal of rest and is better prepared to quicken its action and do its work the next day. This is one reason why people should never allow themselves to get rest-broken for the lack of sleep. When the heart gets weak or diseased, life will be short. A man who has a sound heart, has a much needed friend especially if such a disease as pneumonia overtakes him.

THE LUNGS DURING SLEEP.

The lungs may also profit by sleep; for, during sleep, they have less work to do. The breathing is slow and in this way the muscles that carry on the breathing get a rest and are more fit afterwards to do their work.

It is the duty of the lungs to supply the blood with oxygen and carry off certain waste matter. Since the heart beats slower during sleep, there is not so much oxygen needed and the waste and worn out matter does not form

as fast and for these reasons the lungs' work is lighter and they get a much needed rest.

From what has been said it can easily be seen that it is important that we get the proper amount of sleep.

There is not so much waste matter formed during sleep and the body can easily free itself of this and also get rid of that which accumulated during working hours.

It is clear from what has been said; that people who work during the day and then keep late hours at night, are burning the candle at both ends and a candle thus burnt will soon burn out.

Such people cannot resist and kill the disease germs like people who get the proper amount of good natural, refreshing sleep every twenty-four hours. People who do mental work need as much or more sleep than people who do laborious or muscular work.

No certain work rule can be fixed that will fit every case. Some people need more sleep than others just as some people need more food than others. Some one has given the following rule: "Go to bed when you get sleepy and get up when you wake up." But this rule will not fit every case. For very often people will not put themselves in a position to get sleepy every time sleep is needed. And then too, it is not always wise to get up as soon as you wake up. As a rule grown people

will do well to rest and sleep seven or eight hours out of every twenty-four. If sleep is not possible it is good to lie down any way and let the body relax, and get as much rest as possible.

FOR PEOPLE WHO CANNOT SLEEP.

People who have trouble to sleep at night, should form the habit of eating a very light supper and just before going to bed take a warm bath. They should go to bed at the same time every night in a quiet, comfortable, dark room. If these few simple measures fail and the person lies awake most all night for several nights, a physician should be consulted that the cause may be found and removed before disease germs take advantage of the run down condition of the system.

TEN HEALTH POINTERS.

1

Do not allow yourself to become rest-broken but give the body the proper amount of rest every night .

2

Good natural sleep is both a health preserver and a health restorer, and every person should have his share.

3

Do not eat heavy meals late at night, it may cause a sleepless night.

4

Remember that people who are suffering for want of sleep will easily contract diseases.

5

Strive to get seven or eight hours rest and sleep out of every twenty-four hours, and your health will be better, your life will be longer and more useful to yourself and others.

6

Sleep is a great medicine for sick people and will help to prevent sickness in well people.

7

Remember that when a person cannot sleep well there is something wrong. The cause should be located and removed.

8

Remember that the body rebuilds itself during sleep and gets ready for the next day's work.

9

People who do brain work need as much sleep and rest as people who do laborious work.

10

An ounce of prevention is worth a pound of cure.

Alcohol.

When we speak of alcohol we mean whiskey, brandy, wine, beer, and all drinks that have alcohol in them. Pure alcohol is very strong and is not used as a drink.

Whiskey contains about 55 per cent alcohol.

Brandy contains about 50 per cent alcohol.

Wine contains about 7 per cent alcohol.

Beer contains about 3 per cent alcohol.

Alcohol is a poisonous habit-forming drug.

At this moment the world is discussing the horrors and unspeakable slaughter of human beings that is now going on in the great European war, over one million men have been killed, yet they are only a handful compared with the many millions that have fallen before the artillery of King Alcohol.

King Alcohol has been on the warpath for thousands of years and kills more every year than he did the year before. So let us mobilize our army and declare an eternal war against him.

It is claimed by the soldiers of King Alcohol's army that alcohol taken in small quantities is not harmful, that is to say, a drink now and then without getting drunk, will do a man no

harm. This is a mistaken idea or to speak more frankly it is an excuse for drinking alcoholic drinks. It is harmful in that it increases the appetite and creates a longing for larger quantities, and for this reason alone we should never touch alcohol in any form. Even in sickness there are other stimulants that are better and more reliable than whiskey or brandy.

Alcohol is harmful to all the vital organs of the body especially the liver, kidneys, heart and stomach. Some people have such strong constitutions that they can take large quantities of alcohol, but they have strong constitutions in spite of the alcohol and not because of it.

There are cases on record where people lived to be over one hundred years old and took a small amount of alcohol every day, yet this does not prove that alcohol contributed to their long life. They lived long in spite of the alcohol and not because of it. Nor is there anything to prove that such persons would not have lived even longer without alcohol in any form.

A MISTAKEN IDEA.

Thousands of people think that alcohol will keep off diseases. Alcohol will do nothing of the kind. It has been proven that people who drink whiskey will take disease quicker than those who do not. Consumption and pneu-

monia seem to have a special love for people who drink whiskey.

Alcohol will lower your vitality or decrease the ability of the body to keep off diseases. Any well read physician will witness this fact.

ANOTHER FALSE IDEA.

There are those who think that a person can stand more cold by taking a few drinks of whiskey. This also is a sad mistake. Whiskey stimulates the heart and causes the blood to rush to the surface and for a few moments only the drinker will have a warm feeling. But very soon the effect of the whiskey dies out and the blood that has been rushed to the surface and which has gotten cold, is returned to the internal organs and then the person suffers more keenly from the cold than he would have had he not touched a drop of alcohol in any form.

ANOTHER FALSE IDEA.

Some people think that after coming home from a hard day's work a drink of whiskey will do them good. They deceive themselves. Alcohol does not remove fatigue but simply conceals or hides it for the time being. Therefore, alcohol in this condition is dangerous. When a person is tired, he should have rest; not whiskey. Fatigue is the call of nature for rest and if we allow our ears to be stopped to such calls—(for this alcohol will do)—we are likely to

overwork our system and not realize the fact till much damage is done.

THE EFFECT OF ALCOHOL ON THE HUMAN BODY.

The human body is a very wonderful thing. It is so fixed and composed that it has the ability to defend itself against germs that are always trying to destroy it. When a person recovers or gets well from a disease like pneumonia, typhoid fever or smallpox, it means that there has been a great battle between the body and the germs of the disease and the body came out victorious. It is everybody's duty to keep the body in the very best fighting condition, so that when the germs of any disease attack the body, it will be in a position to defend itself successfully against them. In a battle of this kind alcohol is always on the side with the germs. It undermines the health, burdens the liver, irritates the kidneys and heart, makes the blood vessels hard and causes an inflammation in the stomach and bowels. A person in this condition is not prepared to stand an attack from the germs of pneumonia, typhoid fever, or any other disease.

From this one can see that alcohol is no friend to man. Yet thousands of people will argue all day that alcohol will help to keep off disease, will keep them from taking cold, clean their system, and 101 other false claims.

There is more money spent for alcohol than for bread, yet bread is the staff of life and alcohol is the curse of life.

Be not deceived, touch not, taste not, handle not alcohol in any form; by so doing you will be happier, healthier, and richer.

THE ACTION OF ALCOHOL ON THE HEART.

Alcohol is a stimulant to the heart; that is, it will make the heart do more work. Why should we cause our heart to do more work than is necessary? When a horse is going at the proper gait, just as fast as is necessary, why should we lay whip to him and make him go at break-neck speed when there is absolutely no need for it? There is no good reason for this foolish action yet that is just what we do to our heart when we take a drink of whiskey; the heart that has been doing well, all the work that is needed to keep the body in a strong, healthy condition; yet whiskey or alcohol lays whip to the heart and forces it to do a great deal of unnecessary work.

The result is, the heart and blood vessels are soon worn out or so affected that they cannot do their work properly. And for this reason the liver, kidneys and most every part of the body suffer.

When this happens Mr. Whiskey-drinker is only a few days from his grave and those are full of trouble, aches and pains.

THE ACTION OF ALCOHOL ON THE KIDNEYS.

The kidneys are very busy organs, when the body is healthy and all the other organs are working in harmony, but when the heart is over stimulated or depressed by alcohol, their work is very much harder. The kidneys of a whiskey-drinker have a great deal of extra work to do. They not only have to carry off the poison that naturally forms in the body, but they are forced to carry the alcohol and the poison formed by the alcohol. This is double work and the kidneys will sooner or later become irritated and inflamed. To prove this we have only to think of how many whiskey-drinkers die with Bright's disease, which is only an inflammation of the kidneys and is very often caused directly or indirectly from alcoholic drinks.

EFFECT OF ALCOHOL ON THE LIVER.

The liver is another very important organ and unless it is doing its work properly the health will soon be in a bad shape. Everyone must pay a heavy penalty who happens to injure this organ.

The liver helps the body in many different ways, all of which we will not take the time and space to discuss. The liver destroys certain poisons that find their way into the blood. It helps to digest certain foods. Alcohol acts

on the liver in such a way as to make it hard and almost useless. As soon as the alcohol leaves the stomach it is carried by blood to the liver. It there reaches the liver in a very strong or concentrated condition. It is reasonable therefore, that the liver should be very much affected.

Let it be remembered that if we wish to live happy useful lives, we must keep alcohol, in all forms, out of our bodies.

EFFECT OF ALCOHOL ON THE STOMACH.

We very often hear people say that whiskey has burnt out the stomach of a certain whiskey-drinker. This is just about right for whiskey causes an inflammation in the stomach and bowels and this inflammation causes the glands of these organs to be destroyed or seriously injured. The glands are that part of the stomach and bowels that make the juices or fluids that cause the food to digest. The make-up of these glands is very complicated, also the action of their juices; so neither will be discussed here.

But our food will not digest properly unless the glands are active and in a healthy condition. The use of whiskey or alcohol will surely help to destroy these glands and when once destroyed they are gone forever for they can never be replaced.

A person who is in the habit of drinking al-

cohol in any form, whether whiskey, beer, wine or brandy is certainly bringing sickness and disease to himself and also shortening his life.

FALSE CLAIMS FOR ALCOHOL.

One may claim that there are many people who drink whiskey and yet seem to be in perfect health. This may be true. It is not meant that alcohol will bring about these changes in a few days or even a few years. The length of time that a person can hold out drinking alcohol depends on his system and also the amount taken. A person may abuse and injure the body and the penalty may seem a long time coming, and yet the fact that it is coming should be an inspiration to us to take better care of the body.

As a rule alcohol is injurious in proportion to the amount taken, that is to say, a little will do a little harm slowly and a large quantity will do a great harm faster. But the fact that it will do harm at all is sufficient to condemn its use.

Let us touch not, taste not, handle not the unclean stuff and our lives will be happier,

ALCOHOL AS A FOOD.

It is claimed by some that alcohol to some extent is a food, this may be true, but no sane person will recommend it to be used for that purpose. It has been proven beyond all doubt

that a man can do more work and better work, both mental and muscular, without alcohol than the man with it. In studying the action of alcohol it must be remembered that at first it is a stimulant but the stimulating action soon stops and then the system is depressed. (We mean by depressed to make more inactive or stupid). It is true that alcohol will produce body-heat but at the same time it will do harm that will over balance the body-heat it makes. So when there are other things that will make body heat much better and yet do no harm, it seems to be a great error to use alcohol for that purpose.

This partly explains why some drinkers are so fat. The system uses alcohol to make heat for the body and the food that should do this is converted into fat. The system gets into the habit of making fat and very often makes too much, for such fat sometimes takes the place of muscle. The heart sometimes becomes too fat and that means trouble of a serious nature. The liver also sometimes gets too fat and muscles of various parts of the body are affected and give rise to trouble of a serious nature.

Again, people made fat by alcohol cannot resist disease germs as well as healthy people, for it is almost impossible for such people to stand a hard attack of typhoid or pneumonia.

So it is better by far to touch not, taste not, handle not the unclean stuff.

EFFECT OF ALCOHOL ON THE CHARACTER.

The chapter on alcohol would be very incomplete if this part was left out. It is a safe rule to depend on that "whatever degenerates or tears down the body will also tear down the character. If alcohol was swept out of existence, crime would be diminished one-half. This is to say that one-half of all the crimes is caused directly or indirectly by alcohol. A majority of crimes are committed under the influence of alcohol. In many cases crime is committed because alcohol has so destroyed the will power and the sense of right and wrong that crime is committed without care or forethought.

Even small quantities of alcohol have a very telling effect on children. In some of the large cities, children drink beer; the record of such children, both as to scholarship and behavior, is very inferior to children who do not drink beer or alcohol in any form.

It has been brought to light that one-half of the people in the insane asylums are either drunkards or children of drunkards.

Some people think that there is no danger in drinking moderately. But all heavy drinkers or drunkards were at first moderate drinkers; there is, therefore, more or less danger of a moderate drinker becoming a heavy drinker and for this reason it is better to taste not, touch not, handle not the unclean stuff.

TEN HEALTH POINTERS.

1

Do not touch, handle, or taste alcoholic drinks.

2

Be not deceived by people who tell you that one drink will not hurt you. If four drinks will make you dead drunk, then one drink will make you one-fourth dead drunk.

3

Do not pin your faith to whiskey's keeping off disease and keeping you from taking cold. Better let it alone.

4

Don't forget that alcohol will injure your stomach, liver, heart, kidneys and brains.

5

Remember that one-half of the people in the insane asylums are there because of alcohol in some form.

6

Remember that about one half of the people in the poor-house and other charitable institutions have spent enough money for alcohol, during their lifetime, to have had a handsome little bank account.

7

Do not forget that alcohol is the cause of many cases of heart disease, Bright's disease, liver disease and kidney and bowel trouble.

8

Remember when the body is at war with disease germs alcohol always helps the germs to destroy the body; it does not help the body to destroy the germs.

9

If you value your health and desire long life, touch not alcohol in any form.

10

Remember that alcohol even in moderate quantities cannot wisely be recommended, for one small drink calls for many big ones and many big ones call for the grave.

Tea and Coffee.

Tea and coffee are two habit forming stimulants which many writers have pronounced poison and recommended that they be cut out of the food list altogether. Such a recommendation will go unheeded, however, even if the statement is true.

It is certain that tea and coffee have very slight if any food value at all. That is to say that a person would die about as quickly living on tea and coffee alone, as he would living on water.

It is claimed by some that tea and coffee are good stimulants, that is, they increase the action of such organs as the heart and kidneys. Grant this to be true, why then should a healthy person use them? If the body is healthy the heart and kidneys need no stimulants for they will do their work properly without being stimulated.

If, on the other hand, these organs are diseased, then tea and coffee cannot be depended on for their treatment.

The question now naturally arises: "What is the good in tea and coffee?" The answer is, not much, if any.

The truth is, tea and coffee could be cut out of the food list altogether and no material harm would be done, except to those who have already formed the habit and even they will have better health as soon as the habit is overcome and the body has learned to adjust itself without a stimulant.

It is a well known fact, that people who have used coffee for years cannot well get along without it. This is because their bodies have gotten accustomed to a stimulant and have learned to depend on it and cannot get along well without it, and yet there is reason to believe that such people would have been healthier had the habit never been formed.

Young healthy people need no stimulants of any kind and especially habit forming ones. •

The body of a healthy human being is a wonderful thing. It can, as a rule, adjust and protect itself, if the laws of health are obeyed. As a rule, nobody needs stimulants except delicate, sick people and very old people.

If tea and coffee must be used, let it be used with great moderation, otherwise great harm may be done, such as irregular heart, constipation, etc. Children should never touch tea or coffee; their growing bodies need no stimulating, and habit-forming stimulants, such as tea and coffee will do great harm.

There are many people who are healthy that use tea or coffee, but the fact is, they are healthy

in spite of the tea or coffee and not because of it. The biggest thing that these stimulants do is to form a habit which is very hard to correct. Even when used moderately by healthy people tea or coffee contributes nothing to their health.

In view of the fact that coffee and tea have very little if any food value, and that it contributes nothing to the health and is capable of doing great harm; it should not be used simply to satisfy the appetite. And again, the money spent for these things by poor people, who think they can not live without them, could be put to a better use. The conclusion of the whole matter is this: Drinking tea and coffee is simply a habit, similar to the tobacco and alcoholic habit. A habit that is easy to make and hard to break. It is a habit that should be discouraged and absolutely forbidden to children.

TEN HEALTH POINTERS.

1

Remember that tea and coffee are not needed to keep healthy people healthy and they will contribute nothing to the health of sick people.

2

Remember that tea is very likely to cause constipation, especially if not properly made.

3

An ounce of prevention is worth a pound of cure.

4

Children should never form the habit of drinking tea and coffee.

5

Remember that pure water is much better than tea or coffee as a drink.

6

Coffee is very often the cause of heart trouble such as palpitation and irregular heating.

7

Drink plenty of good milk and water instead of coffee and you will enjoy better health and longer life.

8

If people who use a great deal of coffee and tea are healthy, they are healthy in spite of it and not because of it.

9

Remember the children who drink tea or coffee are very seldom healthy.

10

It is better to prevent the tea and coffee habit than it is to correct it.

Tobacco.

This is a subject about which much has been said. Some people claim that tobacco is injurious only when used to excess. Others think it is injurious in proportion to the amount used. That is to say, when a little is used, little harm is done, and when much is used, much harm is done. The injury that tobacco does depends both upon the amount used and the system of the person using it. Some people can use large quantities of tobacco and it will do them less harm than a much smaller quantity will do another person. If ten cigars will poison a man, then one cigar will produce just one-tenth as much poison if the cigars are the same and they are smoked under the same conditions. And yet because one cigar does not cause any unpleasant symptoms, that is, does not contain poison enough to make the person sick, it is claimed by some that they are absolutely harmless. There is no doubt that tobacco has done great harm to many users. This harm is brought on by taking very small quantities of poison into the body daily for a long time. People who are continually taking poison into their bodies should feel sure that the good

they get from it is far in excess of the bad. But this is not the case with tobacco.

No one will dispute that tobacco is a poison. It has no food value at all. It cannot be used as a medicine, not even for the stomach's sake. It is therefore simply a useless, harmful, habit-forming plant that the world could soon learn to get along without.

It is a well-known fact that some of the master minds of the world are slaves, more or less, to the tobacco habit. But this is no reason why tobacco should be used. There are reasons to believe that even the master minds would be more useful and clearer had tobacco never been used. If tobacco will greatly injure the mind of a boy, then it is reasonable to believe that it will slightly injure the mind of a man. If tobacco is injurious at all it should not be used, for no good can possibly come from it.

BOYS AND CIGARETTES.

It is a well-known fact that boys who form the habit of smoking cigarettes at an early age are always dull and backward in life. They always show a lack of some of the things that go to make success.

Very often boys who begin the cigarette habit early never reach manhood at all, because the nicotine from the tobacco so reduces the ability of the body to keep off disease, that he will fall

an easy victim to some disease that should have been thrown off.

Tobacco hinders the development of both the body and mind. Cigarettes have caused many a boy to be cut off in his "teens," who would have become a useful, robust, active man.

Since no good can come from tobacco in any forms, its use should be discouraged in every form. Mothers who wish to see their boys develop into men, strong in body and in mind, should see to it that their boys never smoke cigarettes or use tobacco in any form.

THE TOBACCO HEART.

This is a kind of heart disease that is caused by using tobacco either in one form or the other. The question has been asked, which form of tobacco does the most harm? Cigarettes are thought to be the most harmful because they are smoked mostly by boys and young men whose systems feel the effect of the poison more than old men. Cigarettes are harmful also because the smoke is inhaled and in that way a great deal of the poison can get into the system. Cigars are very injurious to some people, others seem to stand the effect very well. The snuff and chewing habit are very filthy and very injurious. Tobacco in every form is capable of doing great harm to the heart. People may use tobacco for years and not see any harm from it but sometimes when it is too late, they find they have what

the doctor calls a tobacco heart and they are compelled to give up the habit after using it for years, thinking it was not hurting them.

Tobacco sometimes causes the heart to skip beats, or it may cause what is called palpitation of the heart, that is, it causes the heart to beat very rapidly for a few moments, after which the beats become more regular and finally normal again. These conditions may come from either smoking, chewing or using snuff. That goes to show that tobacco has a very injurious effect on the heart, and if it is injurious to the heart it must be injurious to other organs. Everybody who desires long life and good health should avoid things that injure the heart.

TOBACCO ON THE STOMACH.

Tobacco has a very bad effect on the stomach. Thousands of people are suffering with what they call dyspepsia, stomach trouble, indigestion, and the real trouble is, they are great users of tobacco and it has poisoned their systems. Most of these cases would be cured if the food list were properly regulated and tobacco let alone.

TOBACCO ON THE EYES.

It must not be forgotten that tobacco has a very injurious effect on the eyes and will sometimes cause blindness or eye trouble that will lead to blindness. Tobacco then should be avoided for the sake of the eyes.

Another trouble caused by tobacco. There are many unhealthy conditions that are caused by tobacco. The poison in the tobacco that causes the trouble is nicotine. Nicotine causes the blood vessels to become hard at a very early age and this is a sure means of shortening the life.

THE TOBACCO HABIT.

Cigarettes are the most injurious form in which tobacco can be used, especially when used by boys. Cigarettes are poisonous and hinder the growth of both the body and mind. It is claimed by some that cigarettes increase the appetite for whiskey; that is to say that a boy who smokes cigarettes is more likely to become a drunkard than a boy who does not smoke at all. From what has been said it can easily be seen that the tobacco habit is a very bad habit and should not be taken up by those who desire a long and useful life. Tobacco shortens the lives of many thousands of people every year. Those who have already gotten into the tobacco habit should correct the habit at once, if possible. And if it is not possible to stop it at once, it should be stopped gradually, for there are people who cannot stop the habit at once without having great trouble. But by all means the habit should be corrected.

TEN HEALTH POINTERS.

1

Do not be a slave to the habit of chewing to-

bacco and using snuff, for they are very unclean habits.

2

Let not tobacco injure your heart. The only way to do that is not to use the stuff.

3

Using tobacco is simply a habit. Do not allow yourself to become a slave to such a habit.

4

Remember that nicotine is very poisonous and should not be taken into the system.

5

Remember that nicotine enters the body when chewing as well as when smoking. Do not take poison into the body, knowing that great harm and no good will come from it.

6

Remember that the millions of dollars that are spent for tobacco every year could be spent more wisely.

7

Never allow your boys to smoke cigarettes if you want them to become strong, both in body and in mind.

8

The tobacco habit very often starts the whiskey habit, and that is another reason why the tobacco habit should not be taken up.

9

Tobacco will harden the veins and arteries and in this way shorten life.

10

An ounce of prevention is worth a pound of cure.

Constipation.

Too much stress cannot be laid on this condition because it paves the way and prepares the soil for diseases. Yes, it is a forerunner of a great number of diseases. A person is committing a grave sin against his own health when he goes two or three days without having an action of the bowels. If a man carries an unnecessary load for many days and not be allowed to throw it off when he desires to do so, he will soon get accustomed to the load. And so it is with the bowels. If you do not allow them to throw off the unnecessary load when they call your attention to it, they will soon get accustomed to it and constipation is the result. Therefore one should not put off or delay relieving the bowels when the desire comes to do so. To delay may mean constipation and constipation means disease soon or late.

REGULAR TIME.

Train the bowels to act at a regular time each day. This may sound very strange to some people and this is the reason why their attention should be called to it. If we get ourselves in the habit of letting the bowels act

at a certain time each day, it will be easy for them to act at that time and constipation is not so likely to take place.

We should go at a regular time each day whether or not we feel a desire to do so. Go, not only at the regular time but at any time that a desire is felt. This is important and should be remembered.

DRINKING WATER.

Another cause of constipation is drinking too little water. People very often drink so little water that the passage of the food through the intestines is very difficult because the food is too dry. Water is very plentiful and free, and people should form the habit of drinking more of it. We were taught years ago that it was injurious to the digestion to drink water at or near meal time. This idea has been proven to be incorrect. We may drink a moderate quantity of water before meals, with meals, or after meals, since we do not drink too much or wash the food down before it is properly chewed and mixed with the saliva. Very few people drink too much water but instead a great many drink too little. It has been said that of all drinks pure water is the best.

PROPER FOOD.

Eating too much of meat and too little of vegetables is the cause of constipation in a

great many people. We will not go into a detailed discussion as to the reason that we should eat more vegetables. People would live longer and have better health if they would eat meat only once a day and more fresh vegetables and fruit.

OCCUPATION.

Certain occupations that call for little exercise, very often help to bring on constipation. This should be corrected by taking the proper kind of exercise, a good walk every day will contribute greatly to the health of such people.

CORSETS.

Nine women out of every ten who wear tight corsets are constipated. Their bowels are so crowded and jammed out of place that they cannot do their duty as they should and constipation is the result. The only cure for this condition is to remove the cause.

RUN DOWN HEALTH.

A general run down condition of the body is often the cause of constipation. In this condition the bowels are not strong and active enough to force the food along as they should and constipation is the result.

OVER EATING.

Over eating should not be forgotten as a cause of constipation. There are those who wear

their bowels out by eating too much. This habit should be corrected. More people die from eating too much than from eating too little. This should forever be remembered.

These are the most common causes of constipation.

THE RESULT OF CONSTIPATION.

The results of constipation are many and serious.

The first that may be mentioned and discussed briefly is 'the condition known as auto-intoxication (which means "self-poisoning").

During the process of digestion the food is torn to pieces, as it were, and so changed as to render a portion of it fit to be taken up by the blood and carried off into the system to form strength and the heat of the body. The other part of the food that the blood does not take up, remains in the bowels to be passed off and the sooner it is passed off the better it will be for the body. If it is not passed off, it will rot and become a poison; this poison will be absorbed or taken up by the blood and thereby poison the whole system. This will cause headache, dizziness, neuralgia and rheumatic pains in the different parts of the body, pains and gas in bowels, palpitation of the heart, sluggish feeling, appendicitis and many other troubles. So we see how very important it is to keep the bowels open and acting freely. A wise old physician used to say: A man has two

duties to perform in this world; namely: "Fear God and keep his bowels open." It is our solemn duty and God expects it of us, to obey the laws of health and keep our bodies in the very best possible condition, and this we cannot do with constipated bowels.

The Liver.

Constipation may give rise to certain forms of liver trouble. The liver is a very important organ and we should do nothing to impair its ability to carry on its work.

Kidney.

The kidneys also very often suffer as a result of constipation. The bowels should help the kidneys carry off the poisonous matter that naturally forms in the body; but when there is constipation extra work is thrown on the kidneys, because they have to do their regular work and a lot of extra work in throwing off the poison that is formed in the constipated bowels and finds its way into the blood. This gives the kidneys a great deal of extra work and some physicians claim that this is one of the causes of Bright's disease. The writer is inclined to have a similar belief. So let us beware of constipation.

OTHER RESULTS.

In constipation there are sometimes hard lumps or flakes of waste matter that accumulate

in certain portions of the bowels, which cause irritation and sometimes inflammation. Such hard lumps of waste matter sometimes cause little raw sores on the walls of the bowels and through these raw places germs and poison sometimes find their way into the blood and there cause serious trouble. Thus the importance of having at least one full action of the bowels every day. To allow the bowels to go three or four days without moving will soon or late undermine the health.

Epsom salts and cathartic pills very often do more harm than good, if taken regularly; because they make the bowels move and then leave them constipated worse than before. One should not get into the habit of taking epsom salts or other cathartics every day, but should try to regulate the bowels by complying with the following rules:

TEN HEALTH POINTERS.

1

Drink plenty of water; always taking a glass of water as soon as you get up in the morning.

2

Eat meat once a day only. Eat plenty of coarse vegetables, such as beans, peas, cabbage and plenty of coarse bread, fruit and prunes.

3

Train the bowels to move at a regular time each day.

4

Take plenty bodily exercise.

5

Don't eat too much.

6

If you must use drugs to make your bowels move, use a mild laxative, such as cascara or rhubarb.

7

Do not put off or resist the desire of the bowels to act.

8

If your constipation is the result of stomach or bowel trouble, consult a physician and try to be relieved.

9

Try to have at least one good action of the bowels every day.

10

There is always a cause for constipation; try to locate the cause and remove it.

Colds.

By colds we mean the common bad cold that is common, more or less, in every part of the civilized world. Yet there are many people who seldom have a cold. And strange as it may seem there are many people who are exposed to all kinds of bad weather and yet they never have a cold. We see from this that some other cause or condition must be present to cause a cold. If being exposed to cold weather would alone cause a cold, then most everybody would have a cold in wintry weather; but this is not the case. The condition known as a "bad cold" may be caused by more than one thing. Some colds are caused by a germ, but this germ can thrive and multiply and do its work only under certain conditions which will be explained later.

Colds are sometimes caused by uneven or sudden change of temperature. A sudden change of weather or a rush from a warm room into the cool, damp, out-door air will sometimes cause a cold in delicate, sickly people, or in people who are not accustomed to the cold.

Other causes of colds are as follows:

First: Allowing the body to become suddenly chilled from any cause. When the body is warm

the pores of the skin are open or dilated. If, when the body is in this condition, it is suddenly chilled, the blood is forced inward and the skin becomes cold and almost bloodless. This causes the system to become upset and a cold follows.

Second: For different reasons, people sometimes fail to change their clothing when the weather suddenly becomes cooler. This sometimes cause a severe cold in people who take cold easily.

Third: Allowing the system to become run down and weak is a common cause of a bad cold.

Fourth: Many people take cold when taking a bath when the pores of the skin are dilated or opened and become chilled; and in this condition they dress without first rubbing the skin and bringing the blood back to the surface.

Fifth: Living in hot, tight rooms, the air of which is filled with germs. These are only some of the ways by which colds may be taken, and by a little care and forethought all of these may be avoided.

The surest way to prevent taking cold is to get used to the cold weather as soon as it comes. The skin and system should be trained to protect themselves against cold by getting them accustomed to it. This may be done by giving the body a daily cool bath, beginning in the summer and keeping it up all the winter. The bath should not last more than two or three minutes, after which the body should be dried off as fast

as possible by giving it a fast rapid rubbing with a dry rough cloth or towel. Continue this rubbing till the entire body is glowing with warmth. This tones the body up and seems to teach the body how to keep off colds. People who follow faithfully this simple rule of health very often go for years without having a single cold. When people once become accustomed to the cold bath, they enjoy it to the very highest, even in cold weather. People who take cold easily should begin the cold bath. It should be started in hot weather and kept up regularly as the weather becomes cooler.

People who take the cold bath can do many things without taking cold that would give other people a severe cold. There are thousands of people who work in the cold and are exposed to severe cold weather, yet they never have a bad cold; this is because their bodies have gradually become accustomed to the cold.

ALCOHOL AND COLDS.

The idea that alcohol or whiskey will keep off colds is a mistaken one. Whiskey cannot keep off colds and should not be used for that purpose. There are thousands of people who think that they can stand more cold by taking a few drinks of whiskey, than they can without it. This is a great mistake and it should be corrected once for always. When a person who is exposed to cold takes a drink of whiskey or alcohol, it

stimulates the heart and the blood is forced to the surface or skin, during this time there is a sensation of warmth in the body, that is, the body is warm for a little while only. But as soon as the whiskey dies out the cold is felt more keenly than it would have been had the whisky never been touched. Do not be deceived, whiskey will not keep off cold. It will only warm you up for a little while and after that it will cause you to freeze.

FRESH AIR.

People who live in tight hot rooms need not be surprised when they in cold weather contract severe colds. In cold weather cool rooms are more healthy than hot, tight ones. A man should never, not even for a moment, be separated from fresh air, regardless of the weather. But it should be remembered that a draft and dampness should be avoided.

STYLISH COLDS.

If any class of people deserve catching colds and suffering, it is the class who go too lightly clad in the winter because of style or fashion. There is no reason for this foolish habit—endangering the health for the sake of style. When style does not agree with the laws of health, all wise people will forsake the style and cling to health.

REMOVING THE CAUSE.

People who take cold easily on slight exposure should find the cause and remove it. It is a sure sign that something is wrong somewhere and should be corrected at once before it is too late. The death rate of consumption, pneumonia and many other diseases would be lowered if this instruction were carried out. Colds should not be allowed to linger or hang on. The foundation for consumption may be in formation. Have the cold broken up at any cost before it breaks you up.

THE GERM.

The germ that causes so much trouble in colds is very often found in the mouth and throat of well persons, but they are not able to attack the body till they find the system out of order and no longer able to protect itself. It is then that these germs find the battle easy and cause an inflammation of the nose and throat. They may go before and prepare the way for consumption, pneumonia and many other diseases.

TEN HEALTH POINTERS.

1

Do not allow a cold to hang on or last for weeks, but cure the cold at any cost.

2

Do not allow yourself to be separated from the

fresh air, not even for a moment. You may have to pay dearly for it.

3

Hot, tight rooms were not intended for human dwelling places. Avoid them at all times.

4

Get accustomed to cold as soon as possible after the cold weather comes in.

5

Never be afraid to take a short, quick, daily cold bath as directed in this book. But begin them in the summer.

The above rule does not include very young, very old, or sickly people.

6

Never forget to do much rubbing after taking a cold bath, otherwise a cold is likely to follow.

7

Remember that people who breathe pure air at all times and take a daily cold bath very seldom have colds.

8

If your system is weak and run down, see a physician at once and have the cause located and removed.

9

Study and apply the laws of this book and you will have a better chance at a happy old age.

10

An ounce of prevention is worth a pound of cure.

Consumption.

So much has been said and written about this disease that it is hardly possible to say anything new. No attempt will be made, therefore, at a detailed description, but simply to call the reader's attention to a few well-established facts concerning the disease. It is called consumption because it really is a consuming disease, one that will consume, with few exceptions, any part of the human body, especially the lungs.

THE GERM.

Consumption is caused by a germ, so we will speak of the germ as C. G., meaning consumption germ. The C. G. is very active and is hard to kill, and under certain conditions will live for months. The C. G. is a very small germ, so small that many thousands can swim on the smallest drops of water that can be seen with the naked eye.

In order that we may make it as unpleasant as possible for this intruder, let us study some of his likes and dislikes. There are certain conditions that the C. G. may be said to like very much, and under these conditions will thrive and live for months. First, darkness. Second, dirt.

Third, dampness. Fourth, an undermined or puny state of health.

Outside the human body, the C. G. thrives best in a damp, dirty, dark place with moderate warmth. The kind of human being the C. G. likes to attack is one who is already weak and whose health is already undermined. In this respect the C. G. is a dirty coward. Some germs, such as pneumonia germ or typhoid fever germ, will jump on a strong, healthy man and force him to struggle for an existence, but the C. G. prefers to jump on a man who is already weakened, hence it is important that we keep our health in as good condition as possible and thereby shield ourselves, as far as possible, from all contagious or catching diseases. He who undermines his health by disregarding the laws of health is simply paving the way for consumption and various other diseases.

FRESH AIR IN CONSUMPTION.

The C. G., like some people, is extremely afraid of pure fresh air. Fresh air and sunshine have proven to be a deadly enemy to this germ and if we wish to make it unpleasant for him, submit him to an abundance of fresh air and sunshine. It has been proven beyond doubt that the C. G. can live only a few hours if exposed to the direct rays of the sun; hence we have at our disposal a deadly and effective weapon to wield against this little death-dealing intruder.

And since this weapon is placed in the reach of all, what we have to do is to learn how to use it against him to advantage.

A person with weak lungs or, consumption should spend every moment of his life in the fresh air, and as much as possible in the sunshine. A man once took two healthy guinea pigs and injected an equal number of C. G. into each one. He then put one of the guinea pigs in a dark room that had only a limited amount of fresh air; the other he put in a room with plenty of fresh air and sunshine. The one he placed in the dark room soon died with consumption but the one that was put in the room with fresh air and sunshine soon got well. While there is a vast difference between a guinea pig and a human being, yet we can learn a valuable lesson from that experience; namely, that out in the fresh air is the place for people with consumption and not in tight, hot rooms. Not only should people sick with consumption live in the fresh air, but everybody should live in the fresh air and thereby avoid the disease.

THE BED-ROOM.

People spend about one-third of their lives in the bed-room. It is here that we lay a foundation for a long and healthy life or it is here that we undermine our health and pave the way to youthful graves. The air in our bed-room should never at any time, night or day, summer

or winter, be allowed to become stale and impure. A window should forever be open but care and common sense should be used to begin with and not expose the room to a draft of cold, damp air. A window should be so arranged that it can be lowered two or three inches from the top so that the impure air that collects in the top of the room can pass out. The same window should be raised two or three inches from the bottom so that fresh air can come in. The window should be kept in this way summer and winter. In damp, cold weather the window may be raised only one inch from the bottom.

When we breathe air it becomes laden with impurities and poison and it should not be taken into the body again. This bad air collects in the upper part of the room; so we see why the window should be opened at the top. As the fresh air comes in at the bottom it forces the bad air out at the top, and this is what is called ventilation. Ventilation means, then, letting in fresh pure air and letting out stale bad air. Bedrooms, school-rooms, churches and every place where a number of people gather should be aired as stated above.

AROUND THE SICK BED.

Some people have great fear of a person sick with consumption. They have a right to be, unless the sick person is very careful. The first and great rule for a person sick with consump-

tion is: Do not spit except as stated in the laws of health. If this one rule was carried out, the death rate of this disease would soon be cut down about one-half.

The second rule should be: Do not cough except when holding a cloth or paper napkin before the mouth and nose.

Let us study the reason for these two rules: First: When a person has consumption of the lungs, his throat and lungs are most always full of germs, and especially so in the advance stage of the disease. Now when he spits, coughs or sneezes, he fills the air with thousands of little drops of spit from his throat and lungs. And these little drops of spit contain many germs which are alive and active. The small drop of spit soon dries up, but the deadly germs still remain and are now in fine condition to begin a new case of consumption. As soon as the spit dries, a little puff of wind will cause the germs to float off in the air in every direction. And when another person takes into his lungs the air that has these germs in it, we may look for trouble, unless the person is healthy and robust. If the person is healthy and strong, his blood pure and always getting the proper supply of oxygen from fresh air, the germ will find it hard to multiply and very likely they will be destroyed altogether. But if the germs find their way into the lungs of a person whose system is weak and whose health is undermined by other diseases, such as grippe, bronchitis, measles, tonsilitis,

typhoid fever and drinking alcoholic drinks, then there will be a great battle in which the germs are likely to get the upper hand. A person who is losing ground to the germs will begin to waste away, cough, look pale, lose weight and strength, have slight fevers and perhaps night sweats and hemorrhages and many other signs that mark a person who is bound for a consumptive grave.

HOW TO SPIT, COUGH AND SNEEZE.

The best and safest way to spit is to use a paper cup which is burned every night and a new one supplied. If the paper cup is not at hand, the patient should spit on a piece of paper or cloth. The paper may be burned and the cloth may be burned or boiled for one hour before washing. A cloth or paper napkin should always be held in front of the mouth and nose when coughing or sneezing. This will prevent the germs from being scattered around. All the spit must be kept away from the flies, for they will surely scatter the germs and cause the disease to spread. People with consumption should never kiss or be kissed. They should use their own private drinking cups and their dishes should be boiled as soon as they are used, for boiling kills the germs.

It should be understood that every person who gets the germs of consumption in his throat and lungs will not die with consumption. Many people breathe these germs into their lungs and

never know or feel sick from it. The reason is this: Their bodies are so strong, their blood is so pure that the germs are killed before they can multiply and kill the body. Hence, we see the importance of keeping our bodies as strong and as healthy as possible. People who have had their health undermined by drinking whiskey or different diseases cannot so easily throw off or kill disease germs. So when the germs once get into their bodies they multiply and thrive very rapidly, and do the body great harm and sometimes destroy it. Such diseases as pneumonia, bronchitis, tonsilitis, pleurisy and a long list of other diseases will reduce the power of the body to destroy the germs. So beware of these diseases and never allow them to linger and become chronic.

TEN HEALTH POINTERS.

2

Remember that it is easier to prevent consumption than it is to cure it; for an ounce of prevention is worth a pound of cure.

2

Do not allow the air in the bed room to become stale and impure, but let pure air in at the bottom and bad air out at the top.

3

Be not afraid of night air but rather be afraid of impure, stale air.

4

Do not spit carelessly, neither allow your

neighbor to do so, if it is in your power to prevent.

5

Never fail to keep your body in the very best possible condition by keeping the laws of health and the instructions laid down in this little book.

6

Never stay around or visit a person with consumption unless he is careful about spitting. If you ignore this suggestion, you may be sorry when it is too late.

7

If you are easy to take cold, try to find and remove the cause, for a person who is easy to take cold is easy to take consumption.

8

Never try to wear out such diseases as bronchitis, tonsilitis, catarrh of the nose and throat and common colds; they may call consumption to their assistance and then wear you out.

9

Never drink whiskey or alcohol in any form; and never believe that they will prevent you from taking cold; it is impossible for whiskey and alcohol to do that.

10

Remember that an ounce of prevention is worth a pound of cure.

Typhoid Fever.

Typhoid Fever is a disease that has slain its millions, it is a germ disease and can easily be prevented. The germ that causes typhoid fever differs from other germs in several particulars but we will not consume time and space with a detail description. Our object is to study war against this enemy to the human family and inform ourselves as to its habits and the conditions under which it thrives and multiplies.

This germ is not easily killed by cold; ice made from water having the germ in it will cause the disease and act as a medium for spreading it. The germ thrives best in warm, moist and shady places.

To cause typhoid fever the germ must find its way into the bowels, it must be swallowed, as a rule, with the food or water.

THE EFFECT OF THE GERM ON THE HUMAN BODY.

The germ is harmless to a human being until it finds its way into the bowels. There it lives and multiplies and makes much trouble for the person attacked. The germs multiply in the bowels and there form poison; this poison is absorbed or is taken up by the blood and in that way poisons the whole system. The germ also

finds its way into the blood and there makes bad matters worse and plays its part in causing the fever and the other symptoms that go with the disease. The germ also attacks the walls of the bowels and there cause ulcers or sores to form. The ulcers sometimes eat into the walls of the bowels and cause hemorrhage, which sometimes kills the patient, or the ulcer may eat all the way through the wall of the bowels and this most always kills the patient. With these raw bleeding ulcers in the bowels we can see and understand the importance of carrying out the physicians' instructions as to feeding and keeping the patient quiet in bed.

HOW THE DISEASE SPREADS.

It is important that we study the mode of transportation and thereby be in a better position to hinder the same and check the spread of the disease. Unlike the germ of consumption it very seldom travels through the air directly from one person to another; but somebody or something must carry the typhoid germ wherever it goes. When a person is sick with this disease there are millions and millions of germs in the bowels and when the bowels move or have an action, millions of these germs pass in the discharge. The germs that pass in the discharge from the bowels are not dead but alive and very active and can cause the disease in another person unless they are killed as shall be explained hereafter.

Let us consider briefly the different ways in which the disease spreads.

First: The water way. Many cases of typhoid fever have been traced directly to the water supply, the water having come in contact with the filth coming from the patient's body, and such filth has millions of germs in it which are not easily killed, so we can see how the disease spreads. A big rain may wash some of the germs into the well or the germs may find their way into the pump, or the water supply of the city may easily get germs into it, if not properly filtered. To drink water with germs in it may mean another case of typhoid fever. Hence, we see the reason for killing the germs as soon as they leave the body. Let us keep in mind that these germs are not easily killed and may live for many months and when the filth containing these germs is carelessly thrown out, they will find their way into the bowels of another person and cause another case of typhoid fever.

THE FLY WAY.

The common house fly is a great enemy to mankind in that it distributes disease germs and causes thousands of people to die every year. But how can the common house fly carry typhoid germs from one person to another? The explanation is this: when the discharge from the patient's bowels is carelessly thrown out around the privy, the flies very often visit the privy

while making the kitchen and dining-room his headquarters. The fly, after feeding on the filth around the privy, will go directly to the kitchen and dining-room to finish out his meal. There he will wipe his feet and legs on the dishes and food, scattering germs at every step. Not only do they carry germs on their feet and legs, but the germs may be found in great numbers in the fly speck or the discharge coming from the flies' bowels. So small are these germs that many thousands may be in a single fly speck. So we can see how very important it is to wage a continuous war on flies. Screen them out, kill them in every conceivable way, and destroy their breeding places. In doing this we are doing a great work to check the spread of diseases, especially typhoid fever. But the best way of all to stop the spread of typhoid fever is to destroy the germs as soon as they leave the body of the patient, before the flies can distribute them to the rest of the family or neighbors.

Let us take a peep into the life and habits of the fly. The fly will lay her eggs in almost any filth where it is warm and a little moist, such as stable manure, rotten fruit, garbage and the filth around the privy. In six to twelve hours the eggs hatch into maggots or lava. The eggs are small, white, oblong in shape or shaped somewhat like a hen's egg. For five or six days the maggot feeds and wiggles in the filth and

develops very rapidly. After five or six days he is no longer a maggot but what is called a pupa. This is known as the resting stage, and after five or six days in this stage he turns into a full grown fly, that is, he is just as big as he will ever be. He is then ready to begin his dirty and cursed career of spreading disease germs of most every kind. So let us declare an eternal war against him and make it as unpleasant for him as possible. Give him black flag, set traps for him, put fly paper in his path, screen him out, break up and destroy his breeding places, and in this way we will do ourselves as well as our neighbors untold good, and great shall be our reward.

THE MILK WAY.

Milk may easily carry the germ of typhoid fever, as the germ multiplies very rapidly in milk. A fly may wipe his feet on the milk pail, or the milk pail may be washed in water with germs in it. When a few germs get in the milk they multiply very rapidly. To drink such milk may mean typhoid fever. Oysters, lettuces, and salads have been known to cause the disease, having come in contact with the germs.

AROUND THE SICK BED.

Some people think that doctors have some secret way to protect themselves from disease, when they are always going into it. The doc-

tor studies disease germs and knows the conditions under which they can live; he therefore knows how to protect himself. There is no secret about it and any person can learn how to protect himself against disease germs by reading books and learning the conditions under which they can and cannot live. There is no reason to fear to wait on a person with typhoid fever if a few simple instructions are carried out.

First: Flies should be kept out of the room as much as possible. They will surely spread the disease. They will go around the patient and feed on all the filth they can find, especially in the night glass, and get millions of germs on themselves and then go direct to the dining-room and kitchen, spreading germs at every step. The room should be screened, that is, the doors and windows of the room.

A full supply of disinfectant should also be kept on hand and used freely. For the hands, bichloride of mercury is best, one tablet to one pint of water. This may be kept in the room and the hands washed in it as often as anything is handled around the patient, and especially before eating or putting your hands about your face or mouth. These tablets are very poisonous and should be handled with care to prevent them from being given for medicine. Carbolic acid or better lysol or creolin will kill all the germs in the night glass that pass from the

patient's bowels. Two teaspoonfuls to a half pint of water. This may be kept in the room the night glass which the patient uses. Chloride of lime is a good disinfectant to be used in the night glass. After the patient uses the night glass, the discharge should be allowed to set covered for at least one hour to allow the solution time to kill the germs before carrying it out.

If the patient vomits this also should be allowed to set mixed with the solution. The spit should be treated the same way. It is important that we pay strict attention to destroying the germs as soon as they leave the patient's body, for in this way only can the disease be checked. It is important that all lumps or thick pieces of filth in the night glass be broken and the contents stirred up so that all the germs will be exposed to the solution and killed. It is recommended by some physicians that the contents of the night glass be buried, after the solution has had time to kill the germs. This will give the solution a chance to act longer in case a few germs escaped contact with the solution.

All dishes, towels, water glasses and all such articles used about the patient should be boiled as soon as taken from the sick room. When there is typhoid fever in the neighborhood it is best to boil all water that is used for drinking. All food should be well cooked and not left

where flies can have access to it. All bed clothing should be boiled as soon as it is removed from the bed. These germs are sometimes carried from place to place in the dust but this is not the rule.

The central lesson to remember is to destroy all germs as soon as they leave the patient's body. And since these germs can be seen only with a very strong microscope, we must obey certain rules in order to kill them. And, last but not least, people can now be successfully vaccinated against typhoid fever. This is very efficient and is almost sure to prevent the disease. The vaccination must of course be done by a physician, which consists in injecting dead germs into the system, which will train the system to kill live germs should any get into the body.

TEN HEALTH POINTERS.

1

Do not needlessly expose yourself to typhoid fever by making frequent or unnecessary visits to see persons sick with the disease.

2

Read and inform yourself of the nature of the disease and thereby learn how to avoid it.

3

Teach others how to avoid it.

4

Do not allow flies to come within your dwell-

ing, for they may bring typhoid fever with them.

5

Co-operate with the physician in trying to stop the spread of the disease.

6

Follow the advice laid down in this little book in connection with the advice of the physician, whether or not you see the reason for so doing.

7

If typhoid fever is in your neighborhood, do not forget to boil all water before drinking it, and to screen out every fly from your kitchen and dining-room.

8

Strive to keep your body in a healthy condition at all times.

9

When you wait on a typhoid patient or handle things that have been used about a person sick with typhoid fever, you must surely wash your hands with some disinfectant as soon as the work is done.

10

Never put anything in your mouth that has been exposed to flies.

Dust.

Dust is always laden with germs of various kinds. The germs of consumption may be carried a great distance and likewise the germs of any other diseases. For this reason fruit, candies or vegetables that have been exposed to dust on the street should never be eaten without being washed, for they may be coated with dust in which there may be millions of germs. If fruit and candy dealers will not keep their goods protected from the dirt and dust, then refuse to buy from them. Some meat and vegetable dealers keep their goods in the street in front of their stores, where all the dust of the street collects. This should be prohibited by law.

Preventing disease is like a chain of many links. Every link should be strong and durable. That a chain is no stronger than its weakest link is a true saying. To avoid dust is one of the links in the chain of sanitation and hygiene and as much importance should be placed on this link as upon some of the more common links.

The germs that cause the following diseases are very often found in street dust: Consumption, diphtheria, pneumonia, smallpox, measles, whooping cough and many, many other diseases.

In sweeping and cleaning the home care should be taken not to stir up dust. If a special preparation to keep down dust cannot be had, then clean water should be freely sprinkled around.

DON'T SPIT.

The "don't spit" signs should occasionally be impressed upon the minds of the public by punishing those who insist upon spitting any and everywhere. The public pays very little attention to the "don't spit" sign, yet it is a very important link in the chain of good health. Very often deadly disease germs may be in spit, and the spit soon dries and the germs are set free to float away in the dust and air. So for the sake of others "don't spit", and for your own sake avoid food that has been exposed to dust.

SMALL-POX.

Small-pox is a much-dreaded disease and is very "catching," easy to contract. It is a very old disease. It has been killing people ever since before Christ was on earth. Small-pox is a germ disease and the germs may be carried from place to place on books, letters, clothing, or they may be blown through the air. The germs will live for many months. The germs get into the human skin and there cause an inflammation and a sore. When this sore begins to get well a scab is formed on it. After a few days this scab sheds off and each one has on it

many thousands of germs. Germs may easily be blown or scattered in every direction and get on everything around the patient and everything that he touches.

PREVENTION OF SMALL-POX.

Vaccination is a sure and simple way to prevent this dreaded disease. Yet so many people have been misinformed or have in some way gotten the wrong idea that there is a great deal of prejudice against vaccination. This prejudice is because of ignorance of the real facts. When vaccination is rightly done there is no danger in it. People who have so much trouble with their arms after being vaccinated have gotten other germs in their arms that cause the trouble. People injure their arms by picking the scab or allowing the place to be irritated by letting the cloth rub against it; these things are what cause the trouble and not the vaccination. Vaccination, when rightly done and then cared for as it should be, will cause only a slight sore and inflammation. Vaccination has been a marvelous blessing to mankind. Before vaccination came into use three thousand people died with small-pox in one American city in less than one year. This today is absolutely impossible for the disease would not be allowed to spread and vaccination is the only means that can hinder the spread.

Some people ask, why is small-pox not so dead-

ly now as it used to be? The reason is this, very few people these days ever have smallpox and those who do have it do not, as a rule, have a severe case because vaccination has weakened the disease.

Everybody should be vaccinated from an infant a few weeks old to the old gray-haired invalid, who is weighted down with cares and years of life. If it is done right and the proper care is taken, there is no danger of having to cut the arm off, as so many people are inclined to think. A person who has been successfully vaccinated should have very little fear of small-pox, yet a needless exposure to smallpox should not be encouraged because persons may act as a medium to carry the disease to some unvaccinated person.

We owe it to ourselves as well as our neighbor to be vaccinated, because if we refuse we may cause others as well as ourselves to suffer. The question has often been asked, how long will vaccination protect against smallpox? No definite answer can be given to this question, because the time varies in different people. To be on the safe side it is well to be vaccinated every two years, and more often if smallpox is in your neighborhood, or if you are exposed to the disease in any way.

When a person is vaccinated a weak set of germs is put into the arm and the body will practice killing these weak germs and will soon get so it will be able to kill any small-pox germ. So

that when a few germs get into the body that come from another case of smallpox, the body already knows how to kill such germs, and will quickly kill them. That is why people who have been successfully vaccinated do not have the smallpox.

TEN HEALTH POINTERS.

1

Do not needlessly expose yourself to smallpox, even if you have been vaccinated; for you may get the germs on your clothing and carry the disease to some unvaccinated person.

2

Insist on your neighbor being vaccinated.

3

When vaccination is being made compulsory, you should assist the health officer in carrying out his duty and not help to conceal those who are too ignorant to be vaccinated of their own accord.

4

Do not, at any time, do anything to lower your vitality by disregarding the laws of health and thereby invite disease.

5

You can rest assured that vaccination almost completely protects from smallpox.

6

Be re-vaccinated every two or three years and more often if you are exposed to the disease.

7

Remember that you are not likely to take smallpox, if your vaccination does not take.

8

Do not be afraid to have even infants vaccinated.

9

Remember that smallpox germs will live for months and are not easily killed.

10

Learn the laws of health and teach others the same, for an ounce of prevention is worth a pound of cure.

Diphtheria.

This is another disease that has been somewhat robbed of its sting by new medical discoveries. Diphtheria is a germ disease. The germ seems to be a distant relative of the consumption germ, though it is a different germ with different habits. The favorite home or breeding place for this germ is in the mouth and throat. Here they grow and multiply and make their poison very rapidly. This germ very often finds its way into the system without causing the disease, but if for any reason the germ-killing power of the body is not able to overcome the germ, then the disease will begin. The germ usually finds lodging in the mouth and throat and there multiplies very rapidly.

HOW THE DISEASE SPREADS.

When a patient has diphtheria he generally spreads and scatters the germs by coughing or spitting. When the patient spits on the ground the spit soon dries up and the germs are easily blown in every direction. Also, when a person coughs or spits, little fine particles of spit fly off into the air and float away in almost every direction, and, if we remember the fact that

these germs can live for many days outside the body, we can easily see how the disease spreads. The germs may be found on books, clothing, dishes, drinking-cups, toys and most anything the patient handles or comes near. These very often find their way into milk and there multiply very rapidly.

A person who has had the disease may carry the germs in his mouth and throat for many weeks after he has recovered from the disease. These germs make a very powerful poison, this poison goes into the blood and poisons the whole system, especially the nerves, the kidneys, the brain and the heart. This poison often causes death.

PREVENTION.

This disease usually attacks children and when a child has diphtheria, all other children should be kept away from it, even out of the house, if possible. If a case of diphtheria is in your home or neighborhood, all children around should be given a dose of antitoxin by the family physician. This is to kill the poison of the germs that have gotten or may get into the body and thereby help the body to defend itself against the disease. Antitoxin is used to prevent as well as cure the disease. Just as water will put out fire if the proper amount is applied in time, so will this antitoxin put out diphtheria and also prevent it, if applied in time.

Try to keep the children from taking cold and

from lingering in a half sick condition, as such children are likely to take any disease, such as diptheria, pneumonia and consumption.

TEN HEALTH POINTERS.

1

Don't make unnecessary visits to see people sick with diptheria, for it is very catching.

2

Remember that the disease attacks mostly young children, and special care should be taken to prevent them from taking the disease.

3

Try to prevent the children from taking cold and from going around diptheria.

4

When a child complains of his throat hurting, has pains when he swallows, high fever, pains in the limbs and a whitish-gray coating appears in his throat, send for a physician, the child may have diptheria.

5

Disinfect all clothing, cloths and bed linen used about diptheria patients.

6

It is best not to allow well children around the sick bed, especially when the sick has any catching disease.

7

Pets, such as cats and dogs, have been known to spread the disease. They should be kept out of the sick room.

8

When one person in the neighborhood is sick with diphtheria, all other persons in the neighborhood, and especially the children, should be given an injection of antitoxin to prevent the disease from spreading.

9

Never forget to ask the physician for advice as to how to keep the disease from spreading.

10

An ounce of prevention is worth a pound of cure.

Measles.

This is another disease that has carried off thousands of children in their first or second year. It also is a germ disease, but the germ is not so hard to kill as some others. The disease is very catching, so much so that it is very difficult to stop when once it gets a start.

Measles mostly attack children and cause in them an inflammation of the nose and throat, somewhat as a common cold. In fact, measles generally start as a common cold, and for the first three or four days the child is thought to have taken a fresh cold. The disease is catching even in this stage. On about the fourth or fifth day the breaking-out appears. One of the main dangers in measles is that it decreases the ability of the body to keep off other diseases and the child is very likely to have pneumonia which is very, very dangerous when working with measles. But pneumonia is only one of a long list of diseases that are likely to unite with measles to help kill the baby.

A child with measles should be kept away from other children for three or four weeks after the breaking out is gone. All handkerchiefs, clothing, dishes, etc., should be boiled as

soon as they are taken from the sick room. The patient should have a cloth before his face when sneezing or coughing and all spit should be burned. The child's eyes should be protected from strong light and wind. Special care must be taken not to let the patient be exposed to a draft or dampness, and every care should be taken to keep the patient from taking cold or any other disease. People sick with lagrippe, colds, or any other catching diseases should not go near a patient with measles.

TEN HEALTH POINTERS.

1

Remember that measles will weaken the system and make any other disease easy to catch and hard to get rid of.

2

Children should be protected from measles, for it is always a very serious disease.

3

When your neighbor's child has measles, let not your child go near and when your child has measles let not your neighbor's child go near him.

4

Do not let your children go to school till all signs of measles are gone.

5

Never forget that measles is a germ disease and may be prevented.

6

If measles is in your neighborhood, keep your children's health in the very best possible condition.

7

Never treat measles as if a slight, harmless disease. It is always dangerous.

8

Never forget that pneumonia, consumption may come in to help kill the child.

9

Remember that the younger the child the greater the danger measles will bring to it.

10

An ounce of prevention is worth a pound of cure.

Whooping-Cough.

This is a disease that destroys thousands of young lives every year. It is one of those diseases that will do its best to kill the patient, and if not successful, will pave the way for some other disease, like pneumonia, to step in and put out the young light.

Whooping-cough prefers to attack young children, especially those who are already weak or have a cold or some throat trouble. Whooping-cough is a germ disease and the germs may live and be very active for weeks when the child is running around and perhaps going to school. For this reason, a child with this disease should be kept away from other children for about six weeks after the whooping stops. People who do not wish their children to take whooping-cough should keep them away from children who have the disease for six weeks after the whooping stops.

Children with this disease should be kept in fresh air as much as possible, but should not be exposed to a draft or dampness, for they will easily take pneumonia.

School teachers should see to it that children

with whooping-cough be kept out of school for at least six weeks from the beginning of the whoop.

Children, when old enough, should be taught to spit in a paper or cloth and the paper should be burned; the cloth may be burned or boiled. The older a child is when he takes whooping-cough the better will be his chance to get well. When whooping-cough is in the neighborhood people should take special care to keep their children from taking cold and keep their systems in as good condition as possible. And should the child take whooping-cough after every effort has been made to prevent it, treat the disease as if it were very serious, for indeed it is serious, carrying away thousands of infants every year. This disease is always dangerous, and the younger the child the closer should it be guarded, for the disease is very severe on a child less than two years old.

FIVE HEALTH POINTERS.

1

Remember that whooping-cough often calls in pneumonia to help kill the child, and the two working together must always succeed.

2

Remember that consumption, hemorrhage, heart disease, kidney disease may come in to help whooping-cough kill the child.

3

Let the fresh air come in day and night, it

will help, not injure the child. But fresh air does not mean exposure to a cold, damp draft.

4

A child with whooping-cough should be under the care of a physician.

5

An ounce of prevention is worth a pound of cure.

Scarlet Fever.

This is a disease that attacks principally children. It carries with it a breaking out somewhat like measles, yet there is a great difference in the two diseases. This disease seems to be a distant relative of small-pox. It seems to spread very much like small-pox, and like small-pox is very catching.

PREVENTION.

When a physician pronounces a case scarlet fever, his instruction as to quarantine should be carefully carried out, for in this way only can the disease be held in check. No other child should be allowed in the same room and not even in the same house, if possible. All the discharge from the patient's nose and mouth should be destroyed. The nurse or person who cares for the patient with scarlet fever should be very careful to wash the hands in some disinfectant on leaving the room. Some special dress or gown should be worn in the room and pulled off on leaving the room, otherwise the germs may be carried out in the clothing. Scarlet fever is a germ disease but very little is known about the germ. A person with scarlet fever should remain under quarantine for eight

or ten weeks and the room should be thoroughly fumigated when the patient leaves. All clothing and bed clothing used about the patient should be boiled in some strong disinfectant to kill the germs; otherwise they will remain active for many weeks. Scarlet fever should always be in care of a physician and his instruction should be faithfully carried out, otherwise deadly complications may set in and kill the patient. The top layer of the skin peels off in small flakes during scarlet fever and these are very dangerous, for they float off in the air and carry thousands of germs with them, and in this way spread the disease. Scarlet fever carries with it many dangers and should be treated and dealt with as a serious disease.

Mumps.

Mumps is classed as a catching disease. It is caused by a germ with which we are not so well acquainted. The germs seem to select as their home the gland that makes the spit, which is situated near the angle of the jaw. There is an inflammation in the gland, which sometimes gets very sore and painful, yet it very seldom forms an abcess.

PREVENTION.

When a child has mumps he should be kept away from school and away from other children for at least one week after the swelling and all signs of the disease are gone. While mumps is not considered a very dangerous disease, yet great care should be taken that the patient does not leave the bed too soon, for serious relapses are sometimes brought on in this way. As a rule, the patient should stay in bed till all the pain and swelling are gone and especially must the staying in bed be insisted upon if the weather is damp and cold.

Chicken-Pox.

A word may be said about this disease, though it is not a very dangerous disease. Yet it may and should be prevented.

Chicken-pox may pave the way for other diseases such as kidney trouble. The disease itself seldom kills, but other diseases may develop at the same time and both working together may give the patient serious trouble. For these reasons chicken-pox should be prevented when possible. The disease carries with it a breaking out so much like small-pox that it has been known to deceive physicians in the early stage. Chicken-pox is very mild when compared with small-pox, and is not so difficult to hold in check. Children with chicken-pox should be kept away from other children for at least one week after all signs of the disease have disappeared.

Rheumatism.

There are so many different diseases and symptoms of diseases called rheumatism, that some writers claim that the word rheumatism should be cut out of the language and forgotten and the conditions now called rheumatism be introduced by their real names.

Most every pain in the back or limbs, from the pain caused by cancer to the pain caused by constipation, is commonly called rheumatism. So rheumatism has gotten to be no particular disease or condition, yet there are certain conditions that may be discussed under that head for the sake of convenience.

PAIN IN THE BACK.

Pain in the back, in a majority of cases, is simply a sign of some diseases. Constipation and bowel trouble very often cause pain in the back, which will disappear when the condition is cured. There are certain forms of kidney trouble that cause pain or heaviness in the back, but as a rule kidney disease does not cause pain in the back. This is a false idea that came from almanacs and patent medicine advertisements.

Pain in the back is very often caused by dif-

ferent forms of chronic indigestion which will disappear as the condition is improved.

In women pain in the back is very often caused by female troubles. Piles is another condition that often causes pain in the back. As a rule, when a person suffers with backache, he should first think of constipation, piles or some other form of stomach or bowel trouble. He may then think of a condition commonly known as muscular rheumatism of the back, sometimes called lumbago. This form of rheumatism is very common and is often seen in the laboring class of people or people who are exposed to wet and cold weather; also injuries of the back may give rise to such troubles.

ACUTE RHEUMATISM.

There is another kind of rheumatism known as acute rheumatism. It attacks the joints and sometimes the muscles and sometimes causes them to be very painful and tender.

CHRONIC RHEUMATISM.

This is the condition that covers so many signs of other diseases. Physicians do not agree as to the cause of chronic rheumatism but what is commonly called chronic rheumatism may be caused by many things. It is claimed by some that chronic constipation will cause rheumatic pains. It is claimed that poisonous matter is absorbed from the bowels into the system, and this gives rise to the painful con-

dition. Kidney disorder will cause, in some cases, pains similar to those in rheumatism. Acute rheumatism is caused by germs. They may so damage the joints or other parts of the body that they never regain their full usefulness.

PREVENTION.

To prevent rheumatism attention must be paid to the general laws of health and the body kept in as good condition as possible. Constipation must be corrected and cured. The kidneys should be kept in good condition and they should not be irritated by alcoholic drinks. Too much meat and grease should be avoided as they give the kidneys an extra amount of work. People who are exposed to cold and dampness are especially liable to take rheumatism. Thick shoes and woolen clothes are necessary for some people to prevent taking cold. People who are exposed to cold should become accustomed to cold baths and fresh air. People who have a tendency to rheumatism should take extra precaution not to expose themselves to sudden changes of temperature. And when possible should live in a dry climate or dry surroundings, if possible.

TEN HEALTH POINTERS.

1

All the general laws of health should be carried out and the body kept in the best possible condition.

2

The bowels should be kept open, should be made to act once or twice a day.

3

Great meat eaters very often have rheumatism. People who have a tendency toward rheumatism should substitute milk for meat.

4

Heavy rich food of all kinds should be cut out of the food list of people with rheumatism tendency.

5

The best food for rheumatic patients is milk and light vegetable diet.

6

Exposure to dampness and cold sometimes gives rheumatism an opportunity to catch a good hold.

7

Going too thinly clad in winter may be the cause of rheumatism. Avoid this error.

8

Pain in the back is more often a form of rheumatism than a form of kidney disease.

9

Remember that acute rheumatism very often leaves the heart crippled for life.

10

An ounce of prevention is worth a pound of cure when it comes to rheumatism.

Heart Disease.

Heart disease is a disease about which we have heard much. We never, as a rule, think of preventing this disease till it is too late. There are many habits and diseases that will injure the heart and when the heart is once diseased it seldom if ever can be brought back to a real healthy condition. A person who desires a long and useful life should avoid, as much as possible, those things which are known to injure the heart.

ALCOHOL ON THE HEART.

The heart is the pumping station that keeps the blood in motion or circulation. All the blood in the body must pass through the heart and if poison of any kind gets into the blood, such poison is very likely to irritate the heart when passing through it and cause an inflammation or do great harm otherwise.

Alcoholic drinks have in this way caused heart disease in many thousands of people. Alcohol sometimes overstimulates the heart and forces it to do more work than is necessary, and in this way does great harm to the heart. When a good horse is doing all that nature intended he should do, it is unwise, mean and cruel to force

a great deal of extra work on him. This is just what alcohol does for the heart, forces on a great deal of unnecessary work when it is already doing its duty.

Another effect of alcohol on the heart is that the heart sometimes becomes too fat under the use of alcohol. A fat heart is always a weak heart, and a person with a weak heart cannot live very long. For the reason just stated alcohol should never be forced upon the heart for some day the body will surely be in need of a sound, healthy heart, and if the heart has been diseased by alcohol it will be too late.

RHEUMATISM.

Acute rheumatism of the joints is a disease that leaves the heart more or less affected in a majority of cases.

Both the germ and the poison that is made by the germ are responsible for the damage done to the heart. An attack of acute rheumatism very often leaves the heart crippled for life. For this reason, acute rheumatism should be treated as a most dangerous disease. A physician should be called and his direction followed and especially his advice as to staying in bed and keeping up the treatment.

Many cases of heart disease could be prevented if the patient did not insist on taking his own case in hand as soon as the pain stopped.

THE KIDNEYS AND THE HEART.

There is a peculiar connection between the heart and the kidneys. In most all cases of heart disease the kidneys soon become affected and in most all cases of kidney disease the heart soon becomes affected more or less. It is reasonable to believe, therefore, that heart disease can bring on kidney trouble and kidney disease can bring on heart trouble. Therefore to keep the heart in good condition every care must be used to keep the kidneys in good condition, for the health of one seems to depend on the health of the other.

The instruction given in the chapter on the "KIDNEYS" should be read and carried out.

TOBACCO ON THE HEART.

In a great many cases tobacco will injure the heart sooner or later. Yet it cannot be denied that a great many people use tobacco for years and keep in good health in spite of it. But the number that actually suffers from the use of tobacco is so large that its use should be condemned.

Palpitation of the heart is very common in those who use tobacco very freely in any form.

TEN HEALTH POINTERS.

1

Do not offer the heart insult by drinking alcoholic drinks.

2

Do not insult the heart by using tobacco in any form.

3

Study and read that you may know how to keep the heart from becoming diseased.

4

Remember that cigarettes are very injurious to the heart, and should never be used, especially by boys.

5

Remember that acute rheumatism often leaves the heart crippled for life.

6

Remember that alcohol is no friend to the heart, be not deceived into drinking it.

7

Remember that tobacco in any form is likely to injure the heart sooner or later.

8

Remember that dissipation of any kind is bad on the heart; if you want to enjoy a long useful life, give heed to this instruction.

9

Remember that excesses of any kind are bad on the heart. Avoid them.

10

An ounce of prevention is worth a pound of cure.

Kidney and Bright's Disease.

Our kidneys are organs of great importance. A person's health to a great extent can be measured by his kidneys, that is to say, healthy kidneys mean good health and diseased kidneys mean poor health.

There is always a "tearing-down" and a "building-up" going on in the body from its earliest existence till it is again resolved into dust from whence it came.

As long as there is life in the body, there is more or less of waste matter being formed in the body and this waste matter must be gotten rid of. We will not go into a detailed discussion as to the nature of this waste matter or how it is formed but we will dismiss the subject with the statement that it is continually being formed within the body during body growth and body action.

Some part of the body is forever in action and during every action more or less waste matter is formed. This waste matter cannot stay in the body if life is to remain there, but it must be thrown off and gotten rid of, and if not,

sickness and death will soon follow. The lungs, kidneys, bowels and skin are the organs that the body depends upon to remove this waste matter. The part the kidneys play in this work is what we are now chiefly concerned with. Everybody who has healthy kidneys should feel greatly blessed and at no time should the kidneys be mistreated or insulted by indulging in foolish habits or excesses of any kind.

THE KIDNEYS AND A FOOD LIST THAT CONTAINS MUCH MEAT.

Bright's disease which is simply another name for kidney disease, is very common and more so than it should be. Bright's disease can be prevented and it is somewhat of a reflection on civilization that such a large number of useful citizens should be cut off in the prime of life by this preventable disease. The number of deaths from Bright's disease would be reduced to one half if people would stop being such meat gluttons.

When a large quantity of meat and rich gravies, which is simply an extract of meat, are used as food, there is a great deal of extra work thrown on the kidneys. When an organ is compelled to do more work than nature intended, the life of that organ is short. And so it is with the kidneys; nature never intended for kidneys to do the amount and class of work that is thrown upon them when a large quanti-

ty of meat is eaten at every meal or when alcohol is taken into the body.

When a person has kidney disease the physician most always recommends that little or no meat be used as food. This is because of the extra hard work that is thrown upon the kidneys.

It is not to be understood that meat is not to be eaten at all, for the body needs a small quantity of meat, but people as a rule eat meat far in excess of what is actually needed by the body.

For a young healthy person, meat once a day as a rule, is all that is needed. People who eat a great deal of meat and rich gravies every meal will sooner or later know what it is to suffer with kidney and bowel trouble.

THE ACTION OF SALTS, PEPPERS, MUSTARDS AND SPICES ON THE KIDNEYS.

These things, when taken in large quantities, are very injurious to the kidneys. It must be remembered that the kidneys are very tender and delicate organs and when these things pass through them, as they must do when they are taken with the food, they may cause an irritation and sometimes inflammation. No one would think of putting a large quantity of these things in strong solution into the eye, and yet they send them to the kidneys in large

quantities, not knowing that the kidneys are just as tender and delicate as the eye.

Common table salt must not be used too freely if you have any regard for your kidneys. Large quantities of pepper very often cause irritation and inflammation of the kidneys. It should be used very sparingly with food, and then with plenty of water to dilute it. Some physicians recommend that it be cut out of the food list altogether, and especially when there is the slightest sign of kidney trouble.

KIDNEYS AND ALCOHOL.

Large quantities of alcohol in passing through the kidneys are sure to do great harm. Whiskey drinkers most always have bad kidneys soon or late. The stronger the drink is with alcohol the greater the damage to the kidneys. If alcohol injured no other organ but the kidneys it should be avoided on that account alone.

Alcohol irritates the kidneys and sometimes causes an inflammation in them that will finally destroy more or less of the delicate part of the kidneys; that is, the main part that is needed to do the work of carrying off poisonous and and worn-out matter from the body.

People who have good kidneys should value them too highly to offer them an insult by drinking alcoholic drinks.

THE KIDNEYS AND OTHER DISEASES.

Many of the common diseases, such as ty-

phoid fever, pneumonia, scarlet fever, tonsilitis, smallpox and measles are very injurious to the kidneys. The germs of these diseases cause a poison to be formed in the body. This poison and sometimes the germs, in passing through the kidneys, do them great harm, very often causing an inflammation which may do more than the disease toward killing the patient.

THE SKIN AND BOWELS HELP THE KIDNEYS.

Both the skin and bowels must be kept in a healthy condition, otherwise, extra work will be thrown on the kidneys. If the skin is kept clean and healthy, a great deal of worn-out and poisonous matter will pass off through the skin that otherwise the kidneys would have to carry off through the urine. So the skin should be made to do its part in carrying of the worn-out matter from the body, so that no extra work will be placed on the kidneys.

THE BOWELS AND THE KIDNEYS.

Constipated bowels always place extra work on the kidneys. Poisonous matter that should be carried off by the bowels, gets into the blood and the kidneys are compelled to do the work. The bowels should do their own work and not place extra work on the kidneys. There should be one or two free actions of the bowels every day. This not only helps to protect the kidneys but prevents trouble otherwise. That part of

our food that is not digested should not be allowed to lie in the bowels for three or four days. This has a bad effect on the health in general, and especially the kidneys. The work of the kidneys is hard, and we should try to make their work lighter and not allow extra work to be thrust upon them.

THE KIDNEYS AND WATER DRINKING.

People, as a rule, do not drink enough pure water. There is a saying that water on the inside has the same effect as water on the outside; that is, it is cleansing. It is said that people who go to health resorts and drink a great deal of mineral water, are benefitted because they simply drink more water and not so much because of the mineral it contains.

People should take better care of their kidneys because when they are once badly damaged they can never again be restored to their former condition. Most people forget that they have kidneys till they feel a pain in the back, although pain in the back is not a sign of kidney disease. This is a mistaken idea gotten from the almanac and patent medicine advertisements.

It was taught years ago that it was injurious to drink water near meal time and that it should never be taken during the meal. This idea has been proven to be incorrect. People may drink water before meals, after meals and with meals, if they do not wash the food down

with water before it is properly chewed. Ice cold water should not be taken with meals and not too freely at any time.

A plenty of water makes the kidneys act more freely and dilutes any poison or irritating substance that may be present.

TEN HEALTH POINTERS.

1

Do not offer the kidneys insult by forcing alcohol on them.

2

Remember that constipation causes the kidneys to do extra work, and doing a little extra work every day for years will surely wear the kidneys out.

3

Remember that most people who are great meat eaters have kidney trouble sooner or later.

4

In order to keep the kidneys healthy, eat less meat, drink more water and no alcohol at all.

5

The best diet to keep the kidneys healthy is a diet consisting mostly of vegetables, plenty of milk and water but very little meat.

6

Avoid large quantities of salt, pepper, mustard, spices, etc., they may irritate the kidneys and bring on Bright's disease.

7

Remember that alcoholic drinks such as whiskey, beer, brandy, and wine are very good things to destroy the kidneys.

8

The skin must be kept clean, active and healthy if it is to do its part of the work and not make extra work for the kidneys.

9

Heavy tobacco users very often die with kidney disease; for tobacco is very injurious to the kidneys.

10

Study the laws of health and learn how to care for your kidneys and teach other people how to care for theirs.

Paralysis.

Paralysis may be brought on by many different things. The bursting of a blood vessel may be the direct cause of paralysis. The severity of the condition depends, to some extent, on the size of the vessel affected and the location of the vessel in the brain.

One may ask what causes the blood vessels to burst? To answer this question fully calls for a long discussion that is not easily understood by one who is not familiar with the make-up of the body and how it is affected by disease.

The blood vessels in a healthy person are more or less elastic; that is, they are somewhat like a rubber tube, they will stretch to some extent when a fluid is pumped into them. Now there are certain things, like alcoholic drinks and tobacco, that will cause the blood vessels to lose their elasticity and make them hard and easy to break. Yes, it has been proven beyond all doubt that alcohol and tobacco will cause the blood vessels to become hard and easy to break. And if a large size blood vessel in a certain part of the brain bursts, death will come sure and fast. So we

see here a new reason why alcohol and tobacco in every form should be avoided by human beings. They will not cause the vessels to become hard in a few days but it will take years to bring about the condition. Excesses of any kind tends to harden the blood vessels and make them more easy to break. To prevent having a stroke of paralysis, we may lay down the following rule:—AVOID EXCESSES OF ALL KINDS AND AVOID ALCOHOL AND TOBACCO IN EVERY FORM.

Eating too much tends to harden the blood vessels, and especially eating too much meat.

Anything that tends to upset the heart and kidneys will contribute towards bringing paralysis. Just in proportion as people obey the laws of health in general, in that proportion will cases of paralysis decrease.

There are many other diseases that tend to bring on paralysis, such diseases as come from immoral conduct or dissipation.

Paralysis is sometimes caused by a blood vessel getting stopped up by a small piece of matter that is too large to pass through it. A blood vessel that has been stopped up cannot supply blood to the part of the brain that it is supposed to supply, and a lack of blood in the brain will surely cause trouble.

Another cause of paralysis is syphilis, commonly known as pox. This disease sometimes causes small tumors to grow in the brain and

paralysis follows. In short, to prevent paralysis, avoid excesses of all kinds and never touch alcohol or tobacco in any form and live strictly in accord with the laws of health.

Toothache and Care of The Teeth.

Teeth are very important organs, and more so than most people think. It is impossible for people with bad teeth to keep perfect health. The teeth have certain work to do that no other part of the body can do. The feet cannot take the place of the hands, nor can the stomach take the place of the teeth. The stomach cannot do its own work properly, when, for some cause, the teeth have not done their part.

If the food is to be digested properly, the digestive juices must reach part of it and soak through and through. Now if the teeth have not done their part and the food is swallowed in big lumps, you may look for trouble, for it will surely come. It is very hard for the digestive organs to properly digest big, hard lumps of food. Chewing all solid food as it should be is a very important step in the process of digestion. And chewing cannot be done well if the teeth are not in good shape.

CARE OF THE TEETH.

The teeth cannot be expected to do good work

if they are not cared for. They should be brushed and cleaned with a good tooth powder after meals and before breakfast. They should be brushed thoroughly for this removes from around the teeth small particles of food that soon would rot and form acid and cause the teeth to decay. Failing to remove these small particles of food from between and around the teeth is the main cause of rotten or decayed teeth.

There are very few people over thirty years who have never had bad teeth. When possible the teeth should be examined once a year by a dentist to find any little hole or cavity that may be slowly and surely destroying the teeth. The advice of the dentist should be followed when it comes to treatment, but all small holes or cavities should be filled and large ones treated as recommended by the dentist.

He who has sound teeth is truly blessed. If your natural teeth are so decayed or rotten that they can no longer do their work, then they should be removed and false or artificial teeth put in.

A good set of false teeth can do much better work than a bad set of natural ones.

All snags or broken parts of decayed teeth should be removed for they always do more harm than good.

Toothache in most cases can be prevented by

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brushing the teeth after each meal using a good tooth powder.

This not only largely prevents the decay of the teeth but also helps to keep the gums healthy and in this way the life of the teeth is prolonged. As a rule healthy gums mean healthy teeth and healthy teeth do not ache.

When chewing the food, small pieces of the food lodge between and around the teeth. These small pieces of food soon ferment or rot and when this is done a kind of acid is formed and the acid is what causes the teeth to rot. For this reason the teeth should be cleaned after every meal and all the small pieces of food between and around the teeth removed.

A dirty mouth that never gets a washing is the home of many different disease germs. In all kinds of sickness it is a good idea to keep the mouth clean by washing it out several times every day.

TEN HEALTH POINTERS.

1

If you desire perfect and lasting health, see to it that your teeth are kept in good condition.

2

It is better to pay a small fee to the dentist for examination and repair of the teeth, than it is to sacrifice health by having bad teeth.

3

Obey all the rules and instructions in this chapter, if you desire to prevent toothache.

4

After eating a meal, never be in too much hurry to wash and brush the teeth.

5

Remember that bad teeth, sooner or later, will mean a bad stomach; a bad stomach means bad health and bad health means short life.

9

Remember that bad teeth are very often the cause of bad breath and bad breath is a nuisance, unless the owner guarantees himself and does not allow anybody to come near him.

7

Remember that a regular tooth brush and tooth powder is the best but a good substitute is powdered charcoal and the old fashion tooth mop.

8

Never forget that a dirty mouth is a good place to breed disease germs.

9

Never fail to wash the mouth soon after rising in the morning and after each meal.

10

Remember that an ounce of prevention is worth a pound of cure.

Worms.

The human body very often serves as the home of various kinds of worms. They vary in size from a very small thread to about the size of a lead pencil. They gain access to the body or bowels in different ways. They may be eaten with the food, or taken with the drinking water, others may be carried to the mouth with dirty hands accidentally, and there are still others that make their way through the skin into the blood and by the way of the blood they find their way to the throat and then they are swallowed with the food or water.

All worms have a tendency to weaken the body and poison the blood. Some of them suck blood from the walls of the bowels, while others seem to consume the food that is intended for the body. All of these worms lay eggs and these eggs are passed from the bowels in great numbers when the bowels act. These eggs or the small worms that hatch from these eggs find their way into the bowels of another person.

People who are badly affected with worms have very little power to resist diseases. They fall easy prey to consumption, stomach and

bowel trouble and many other diseases. Worms undermine the system, make the blood weak and unhealthy and lower the ability to keep off diseases.

All worms should be considered dangerous to health and people should read and learn more about them, how they are carried from one person to another, and thereby be able to avoid them.

THE HOOKWORM.

This is a small white worm about one-third of an inch long. They make their home in the bowels and there do great harm, for they are great blood suckers. They bore their heads into the walls of the bowels and help themselves to the life blood of their victims.

These worms lay thousands and thousands of eggs and many of them pass from the bowels every time the bowels move. Under proper conditions these eggs hatch into small worms and these worms find their way into the bowels. Sometimes, of the same person, but more often into the bowels of another person.

HOW THE HOOKWORM GETS INTO THE BOWELS.

If the eggs that pass from the bowels get into the ground or soil, as they very often do, they will hatch into very small worms if the weather is warm. This little worm may find its way into the well or pump during heavy rains or it may get on the skin and bore its way into

the blood. By the blood they find their way to the lungs and from the lungs they go up the windpipe to the throat and when once in the throat they are easily swallowed with food or water into the bowels. When they get into the bowels they soon develop into full grown worms and begin to lay more eggs.

The eggs do not hatch in the bowels but must be out in the air and sunshine. The little newly hatched worm may get on the hand which is thoughtlessly carried to the mouth without washing, and in this way the mouth becomes infected with worms.

PREVENTION OF HOOK WORM.

We have here an example of how much bad health can be caused by a disease that can be easily prevented. Hookworms that are in the body can easily be killed or better still can be prevented from getting into the body.

First: The cause should be removed, that is, the disease should be treated by a physician and medicine given that will kill the worm. This will stop the eggs, for without eggs no more cases will develop.

Second: The destruction of the eggs. The eggs do not hatch in the bowels but must pass therefrom and find their way to the soil where it is warm and somewhat dry. If the eggs are not allowed to get into the soil they will not hatch and will be destroyed. The privies or

water closets should be so made that the soil around them cannot get full of worms and eggs. This may be done by having a bucket or some vessel placed under the seat. Plenty of lime should be kept in this bucket and the contents should be buried when it is necessary to remove it. It should be buried about two feet deep. In this way the eggs and young worms will be destroyed and not be allowed to attack other people. The bucket under the seat in the privy should always be fly proof. When possible children should wear shoes and not be allowed to play on the ground near the privy. The ground around the home or stable should not be used as a privy for in this way the disease will surely spread.

The privy should be so located as not to drain toward the well or pump but in the opposite direction.

TAPE WORM.

This worm is altogether different from other worms. People as a rule get tape worm by eating half cooked meat. The tape worm sometimes gets to be very, very long, twenty or thirty feet.

To prevent tape worm no raw or half cooked meat should be used as food.

OTHER WORMS.

There are many other worms that also make their home in the human bowels such as round

worms, the pin worm and many others. These have habits very much like the hookworm and should be guarded against in like manner.

TEN HEALTH POINTERS.

1

Remember that worms will make the body less able to defend itself against disease germs.

2

Worms will poison the blood, and make it weak and poor.

3

Remember that worms sometimes upset the nervous system and in this way give rise to much trouble.

4

Don't forget that worms sometimes cause bowel trouble.

5

Remember that a person who is badly affected with worms is dull, lazy and slow.

6

If you live in the country or small town never fail to find whether or not you have hook worms.

7

Always see to it that there is a properly built privy at your home if there is no sewer connection.

8

The privy should be absolutely fly proof and plenty of lime kept and used freely.

9

Eat no raw or half cooked meat, for in so doing you may take a tape worm into your bowels.

10

An ounce of prevention is worth a pound of cure.

One Hundred Don'ts

1. Don't allow your bowels to go two or three days without having an action.

2. Don't forget that the majority of the babies that die before they are two years old, would have lived had they been properly fed.

3. Don't keep the children in air-tight rooms.

4. Don't fail to use boric acid solution freely to clean the baby's mouth, eyes, and private parts.

5. Don't forget that the mother's milk is the best food on earth for babies.

6. Don't give the baby catnip tea, sugar water, or gruels during the first twenty-four or forty-eight hours of its life.

7. Don't try to follow all the advice that anybody might give you about the baby, you may kill it with goodness.

8. Don't forget to read some good book on the care of babies.

9. Don't forget that more babies die because they are fed wrong than from any other cause.

10. Don't forget that an ounce of prevention is worth a pound of cure.

11. Don't forget that people who are in the

in the habit of eating large quantities of meat, very often have rheumatic pains, constipation, gout, liver trouble and Bright's disease.

12. Don't believe that pain in the back is a sign of kidney trouble.

13. Don't allow flies to come within your dwelling, for they may bring disease germs with them.

14. Don't eat or put in your mouth anything that has been exposed to flies.

15. Don't encourage the spread of flies by making and maintaining breeding places for them, and don't forget that flies leave the privy and make the kitchen or dining room their next stop, bringing filth and millions of disease germs with them.

16. Don't let an opportunity pass to kill a fly; it is a crime.

17. Don't fail to boil water before drinking it, if there is any doubt as to its purity.

18. Don't fail to follow the physician's advice even if you don't see any sense in it.

19. Don't let the air in your bed-room become stale and impure, but let the fresh air in at the bottom and the bad air out at the top.

20. Don't be afraid of night air. It is not poisonous.

21. Don't spit carelessly yourself, nor allow others to do so if it is in your power to prevent.

22. Don't stay around nor visit a person

with consumption unless he is careful about spitting.

23. Don't try to wear out such troubles as colds and coughs, for they may wear you out.

24. Don't drink whiskey or alcohol in any form, believing it will keep you from taking cold.

25. Don't allow stale, stagnant water to stand near your dwelling.

26. Don't forget to wage war on mosquitoes by breaking up their breeding place, stagnant water.

27. Don't fail to be vaccinated every three years and more often if smallpox is in your neighborhood.

28. Don't believe that vaccination is more harmful than smallpox.

29. Don't be afraid to have even small children vaccinated.

30. Don't fail to keep children away from diptheria and all other catching diseases, when possible.

31. Don't insult the kidneys by drinking alcoholic drinks.

32. Don't forget that extra work is thrown on the kidneys if the skin is not kept clean and healthy.

33. Don't forget that big meat eaters will sooner or later have kidney trouble.

34. Don't eat too freely of salt, spices, pep-

per, and mustard. These things must be left off altogether if you have kidney trouble.

35. Don't forget to drink water freely and no alcohol at all if you want to keep well and live long.

36. Don't forget that the millions of dollars spent every year for tobacco could be more wisely spent.

37. Don't allow your boys to smoke if you want them to become strong in mind and in body, for smoking will hinder both.

38. Don't forget that using tobacco will, in many cases, create an appetite for whiskey.

39. Don't forget that tobacco will harden the blood vessels and in this way shorten life.

40. Don't forget that an ounce of prevention is worth a pound of cure.

41. Don't forget that chewing tobacco and using snuff are very filthy and injurious habits.

42. Don't allow yourself to become a slave to the tobacco habit in any form.

43. Don't forget that the nicotine in the tobacco is very poisonous.

44. Don't forget that sleep is nature's great health preserver and restorer.

45. Don't forget to give the body the proper amount of rest every night. "Fresh air."

46. Don't forget that the average person should get eight hours sleep out of every twenty-four.

47. Don't eat heavy meals late at night, it

may cause a sleepless night and make other troubles.

48. Don't forget that the body rebuilds itself during sleep also does a general self-cleaning, getting ready for the next day's work.

49. Don't forget that excesses of all kinds are bad for the heart.

50. Don't insult the heart by drinking whiskey and other alcoholic drinks.

51. Don't forget that acute rheumatism very often leaves the heart crippled for life.

52. Don't forget that an ounce of prevention is worth a pound of cure.

53. Don't use tobacco in any form it will injure the heart.

54. Don't eat meat more than once a day.

55. Don't forget that most of the strong cathartic medicines will make the bowels move freely for the time being, then make them hard to move next time.

56. Don't fail to train the bowels to move at a certain hour each day.

57. Don't forget to make the bowels move every day.

58. Don't touch alcoholic drinks in any form.

59. Don't depend on whiskey keeping your body free of cold and diseases.

60. Don't forget that a great many people in the poor house or county home are there be-

cause they have spent their earnings for alcohol.

61. Don't forget that whiskey or any alcoholic drink will injure the liver, kidneys, heart and brain.

62. Don't forget that small drinks call for big drinks and big drinks call for the grave.

63. Don't forget that when the body is at war with disease germs, alcohol will lessen the power of the body to fight the disease.

64. Don't forget that more people die from eating too much than from eating too little.

65. Don't forget that eating too much meat is like burning the candle at both ends. It does not pay.

66. Don't be afraid to drink water with meals, after meals or before meals, since you don't wash the food down with the water too quickly.

67. Don't worry during meal time. It will hinder perfect digestion.

68. Don't forget to chew your food properly, if you have no teeth buy some.

69. Don't fail to eat simple wholesome food.

70. Don't forget to drink freely of pure milk and water, and leave off alcohol altogether.

71. Don't drink alcohol in any form.

72. Don't fail to care for your teeth, they are your stomach's best friend.

73. Don't forget that tea and coffee do more harm than good.

74. Don't waste time and money buying patent medicine.

75. Don't believe that medicine will cure consumption, for it cannot.

76. Don't fail to take a bath every day and especially if you think your kidneys are diseased.

77. Don't be afraid to drink pure water freely.

78. Don't forget that tobacco in every form is a curse to civilization.

79. Don't work but six days out of seven.

80. Don't forget that an ounce of prevention is worth a pound of cure.

81. Don't forget to use every precaution possible to prevent taking cold.

82. Don't forget that fresh air and cold sponges will prevent taking cold.

83. Don't try to cure constipation by taking epsom salts and castor oil and cathartic pills.

84. Don't fail to get your bowels in the habit of moving every day at the same hour.

85. Don't fail to avoid dust as much as possible.

86. Don't be a glutton.

87. Don't forget that a majority of people eat far in excess of what is necessary to keep the body in a healthy condition.

88. Don't fail to wash your mouth and teeth after each meal.

89. Don't fail to wage an eternal war

against flies. Set traps and fly paper for them, screen them out, break up their breeding places and make it hard for them at every turn.

90. Don't eat at a restaurant or any place that is full of flies.

91. Don't forget that flies carry disease germs on their feet, legs, body and wings.

92. Don't fail to protect infants from extreme heat in the summer.

93. Don't fail to use your own private drinking cup when drinking in public places.

94. Don't forget that cleanliness is next to Godliness.

95. Don't fail to study the laws of health and obey them.

96. Don't keep your knowledge of hygiene to yourself but help your neighbor by giving him information.

97. Don't fail to do your part to enforce the local laws and regulations of hygiene.

98. Don't forget that ignorance of how to care for babies causes thousands to die every year.

99. Don't try to cure yourself with patent medicines. If your health is bad go to a physician.

100. Don't forget that an ounce of prevention is worth a pound of cure.

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